





Ron Shownes, assistant manager of the Southwestern Illinois Law Enforcement Commission, covers his on-screen "partner" during a demonstration Wednesday of a new "virtual reality" training system. The system puts officers in a variety of situations—but without the danger.

## Confrontation — minus danger

By Nicole Vaughn  
Staff writer

Confronting armed suspects without the danger of being shot—it's an unknown in the world of police work. That is, until the arrival of the Firearms Advanced Training System, or FATS.

The Southwestern Illinois Law Enforcement Commission unveiled FATS at its booth at the Wednesday at the Quality Inn in Collinsville.

The "virtual reality" system uses a computer-generated program to create real life situations on a life-size screen.

The system is used to train officers.

The three men currently training on the system—Ron Shownes, assistant manager of SILEC, Dennis Gunderson of the Edwardsville Police Department and O'Fallon Police Capt. Scott Battoe—showed off their marksmanship and policing expertise.

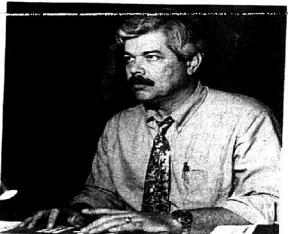
"You and your partner are investigating

a car of a woman screaming in a downtown parking garage," said the computer, popping a new scenario onto the screen.

Holding the gun, trained carefully on the keyboard, Shownes manages to free a victim and dismiss the suspect without a shot being fired.

In another scenario, Shownes rapidly stops another armed suspect by firing four shots.

Add into the equation innocent bystanders and hostages who are frequently placed in the line of fire and the exercise becomes a lot more than a shooting match.



Capt. Scott Battoe of the O'Fallon Police Department mans the controls and determines what scenario—armed or unarmed suspects—the officer will face.

"It can tell you a lot about an officer's performance," said Highland Police Chief William Pierce, chairman of the training program. "The officer use good tactical position and good command words. Does he repeat the commands? This training helps give him the skills he needs to it."

Once the shooting is over, the computer shows on-screen where each lethal, non-lethal and miss fired by the officer.

ended up. During the slowed playback, the officer can also see how many shots the criminal fired.

While yelling at the on-screen suspect during training with the computer, it does register with the officer at its controls. Good commands add extra points to the officer's performance.

For the exercise, officers can use a .38-caliber or 9mm handgun. A special cartridge converts a standard handgun to a standard 12-gauge shotgun for use in the program.

SILEC covers seven counties, including Madison and St. Clair counties, and Pierce said the about 700 officers from departments in the group will take turns using the equipment for training, starting at the end of this month.

Pierce said that the FATS system won't replace shooting-range training but will add to it.

"We want to make sure that the officers don't become complacent," Pierce said. "It's not just their shooting—it's right on target." Pierce said. "We want to make sure, too, that he certainly doesn't shoot anybody he shouldn't shoot."

Pierce said FATS is the first stage in computerized training for SILEC. The group's next goal is a driving simulator giving officer's a chance to test their skill in emergency and high-speed pursuit driving made by Atari, the simulator costs about \$100,000.

"Technology is changing so rapidly and there's so much you can do," Pierce said. "We just want to take advantage of it."

## Ex-principal faces more abuse charges

Former Edwardsville Junior High School Principal Ronald Goff is facing additional felony charges of allegedly sexually abusing a second minor boy.

Prosecutors filed two additional counts of aggravated criminal sexual abuse Thursday against the 16-year-old rural Edwardsville man, alleging he fondled and abused a 14-year-old junior high pupil from Madison County in 1989 and '90 while he was a Boy Scout.

Goff, who retired as principal last year, was released from jail March 3 on \$10,000 bond after he was arrested on charges he sexually abused a boy, 16, from Macoupin County from August 1990 through April 1993.

The newest charges allege Goff, befriended the 14-year-old Boy Scout, now 20, during Scout meetings in the Edwardsville area.

Goff was released on the new charges Thursday on his own recognizance. The charges are expected to be indicted by a grand jury Thursday, but prosecutors decided not to present the case after Goff waived a preliminary hearing.

Madison County Assistant State's Attorney Susan Jensen said the investigation continues.

"I really don't know if there

will be additional charges," she said. "The police have contacted several potential victims, but I don't know if (the incidents) are conclusive."

Illinois State Police began investigating Goff in February after the 16-year-old told a counselor of the alleged abuse. The counselor then reported the allegations to the Department of Children and Family Services officials, who notified police.

In several police wire-taps, Goff is alleged to have been involved in the alleged victim in February. Goff acknowledged he fondled and showered with the teenagers but claimed he did not do so for sexual gratification, according to a police report.

Goff's attorney, John Gitchell of Granite City, said Thursday Goff had not reviewed the report.

During the investigation, police said they contacted potential victims who claimed they had relationships with Goff.

Police said Goff, 16, was held at the DuBois Center, a children's home in DuBois about 85 miles south of Madison County. He said he and Goff became close friends and carried on a sexual relationship, about four years, police said.

—From the *Alton Telegraph*

## Police offer 'tip of month'

With beautiful spring weather approaching, the Granite City Police Department is passing along a few prevention tips concerning your home.

Prowlers and burglars select the easy targets. Here's a few ways to make their job harder:

- ✓ Keep shrubs low near windows.
- ✓ Install motion detecting flood lights outside.
- ✓ Keep the mail box empty, as well as newspapers out of your yard.
- ✓ Let a trusted neighbor know when you will be away for any amount of time.

As an added service to the community, the chief of police has initiated a "curb appeal" to watch for hazardous conditions which may attract criminals and their victims. Houseowners of such by leaving a courtesy awareness form at their home.

Be safe this spring. Protect your property with that "ounce of prevention".

## Granite City Journal

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## 'Godspell' to be presented Thursday through Sunday

"Godspell," the musical based upon the gospel of St. Matthew, will be presented by Summerstage Thursday, March 23, through Sunday, March 26.

The show begins as John the Baptist ends his through the center aisle singing "Prepare Ye the Way of the Lord."

A group of nondescript characters heed the call and receive baptism. Excitedly, the characters sing about the theatre singing of their renewed spirits.

Jesus then appears asking to be baptized as well. As the characters gather on stage, we find that they have all taken a new appearance. What follows is a fast-moving, exciting show filled with color and bouncy delight.

The actors, five young men and five young women, wear clown makeup and costumes and sing out the gospels and parables of St. Matthew, including The Good Samaritan, Mary Magdalene and many others in a setting which looks very much like a junkyard.

alley at the end of some street in some city somewhere.

"Godspell," which opened to rave reviews off-Broadway in 1971, has been described by some as cheerfully irreverent, sprightly, long and magical, with a mix of traditional, memorable songs—rock, folk, country and pop—all neatly woven in and around the parables and teachings of Jesus.

Perhaps the most popular song from the show is "Day by Day."

One of the most startling outward aspects of the production is the physical appearance of Jesus and his friends, who are arrayed in bright gypsy clown clothes and pantomime makeup.

Why this flamboyance? Why a music hall crossed with a circus?

Stephen Schwartz, who wrote the music and lyrics, explains: "We are in an era of black comedy. When the world is in such a mess, you can't take it too seriously; we make Jesus

Christ into a music hall, clowning about and doing a sort-of daft, daft, daft.

You simply have to like the man. Jesus amuses and delights you; he is the kind of character anyone would want to know."

Starred in the production are Michele Arvizu-Prater,

Elizabeth Cook, Ken Elliff,

Scott Forney, Michael Lucido,

Marc Lull, Michele Schmid,

Greg Weckman, Carrie Ween

Wenos and Emily Zarate with

direction and production by

Marty Eckhardt, choreography by

Maggie Holland-Pennell and

assisted by stage manager Tracy Lea Ellis.

"Godspell" opens Thursday, March 23, and runs through March 26. The show is at 7:30 p.m., and tickets are \$12 for adults and \$4 for children 12 and under. For more information and ticket purchases, call Summerstage at 451-1032. The playhouse is located at 2906 Pershing Ave., in Granite City.



Cast members of Summerstage's presentation of "Godspell" are, from left, bottom row, Emily Zarate, Scott Forney and Greg Weckman; top row, Marc Lull, Michele Arvizu-Prater, Michael Lucido, Elizabeth Cook and Ken Elliff.

### Selph part of satellite conference

Granite City Mayor Ronald Selph participated as a Metro East panel member for a national satellite teleconference entitled "Safe Drinking Water: Critical Choices for Public Officials and Utilities."

The teleconference, sponsored by the American Water Works Association (AWWA), was broadcast to more than 100 downtown sites throughout the United States. The Metro East downlink site was located at Southern Illinois University at Edwardsville.

Billed as a "national town meeting of public officials and water utility management," the three-hour teleconference focused on getting public officials to understand new regulatory requirements and how to implement them at the local level to find funding to comply with drinking water standards.

The teleconference featured six presentations from authorities on current and potential drinking water problems and how other cities and towns are planning for the future by involving their customers.

"Partnerships such as this help to provide the background and basis for launching new goals and standards as we approach the start of the next century," Selph said.

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#### SPEAKERS

Terry Walther, Vice President, Memorial Hospital and Region IV Disaster Coordinator

Norm Acker, St. Clair County Emergency Services and Disaster Agency

Donald Schneider, Safety and Security Director, Memorial Hospital

Ron Volkman, Assistant Chief, Belleville Fire Department

Sandra Knight, RN, Region IV-B EMS System Coordinator

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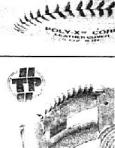
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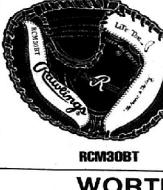
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## Obituaries



## Mildred Miller

Mildred L. (Stephens) Miller, 91, of Granite City, formerly of Greenville, Mo., died at 1 p.m. Saturday, March 18, 1995, at St. Elizabeth Medical Center after a four-month illness. She was born Oct. 24, 1903, in Greenville and had been a resident of Granite City for 70 years. As a homemaker, she was a member of Bethel Chapel in Granite City.

Survivors include four sons, Jim Miller of Granite City, Mo., and Dale, Len, Melba and Phillip Miller; a daughter, Jack Miller, all of Granite City; seven daughters, Melba Vernon, Dorothy Veach and Norma Jean Moore, all of Granite City; Eretta Hale of Seelby, Wash.; a son-in-law, John of Merrillville, Ind.; Mary Havell of Schaumburg, Ill., and Peggy Klingman of Wheatland, Okla.; one sister, Virginia Dugay of Dogwood, Christi, Texas; 30 grandchildren; 85 great-grandchildren; and one great-great-grandchild. She was preceded in death by her husband, Elmer Joseph Miller, in 1924, in Granite City, and who died March 11, 1970; one son, Wayne Miller; two daughters, Ruth Ann Miller and Helen C. Miller; her parents, James H. and Ida Mae (Jaycox) Stephens; one brother, Clifford Stephens; one sister, Mabel Jones; two half-sisters, Anna and Ethel; four grandchildren; and two great-grandchildren.

Services were held Tuesday at Bethel Chapel, Granite City, with Rev. Fred L. Miller officiating. Burial was in Vandalia Gardens of Memory, Belleville. Arrangements were by Thomas Memorial Mortuary, Granite City.

Memorials are requested for Bethel Chapel.



## R. Allan Presley

R. Allan Presley, 43, of Granite City, died at 11:01 a.m. Saturday, March 18, 1995, at St. Mary's Hospital, Alton, where he had been a patient for more than three weeks. He was born Jan. 8, 1952, in Granite City, where he had been a lifelong resident.

He worked with Volt Temporary for three months, he was a member of Grace Baptist Church in Granite City and AMVETS Post 51 in Pontoon Beach and a Marine veteran.

Survivors include his wife, Phyllis Tomlinson Presley, with whom he married Nov. 26, 1974; three stepsons, Bert and Greg Tomlinson, both of

Stewart, Fla., and Bruce Tomlinson of Granite City; one stepdaughter, Dawn Lingeman of Granite City; one brother, Stephen Presley of Wood River; one half-sister, Margaret Presley of Granite City; one stepbrother, Donald Sorlie of Granite City; one stepsister, Donna Azbill of Granite City; six granddaughters and two great-granddaughters.

He was preceded in death by his parents, Roger Dean Presley and Edna (Gandy) Presley; and one sister, Cynthia Cole.

Services were held Tuesday at Irwin Chapel, Granite City, with Rev. Bob Jones officiating.

Memorials are requested for the family of R. Allan Presley.

## Susan Farr

Susan Esther (Buehner) Farr, 95, of Granite City, formerly of Granite City, died at 11 a.m. Sunday, March 19, 1995, at Greenville Garden Care Center, Greenville, after a five-year illness. She was born Dec. 29, 1899, in Perry, Mo., and had been a resident of Granite City for 80 years.

A homemaker, she was a member of St. Elizabeth Catholic Church in Granite City.

Survivors include one sister-in-law, Anna A. Buehner of Granite City; and several nephews and nieces.

She was preceded in death by her husband, Roy Farr, who died Aug. 4, 1982; her parents, Gottlieb and Susan (Beatty) Buehner; and one brother, Martin Leo Buehner, who died in 1968.

Services were held Tuesday at Werner Chapel for Funerals, Pontoon Beach, with the Rev. Robert DeGard and the Rev. John H. Davis in O'Fallon Cemetery, Glen Carbon.

Memorials in the form of Masses are suggested.



## Wilbur Huffstutter

Wilbur C. Huffstutter, 89, of Granite City, formerly of Granite City, died Thursday, March 16, 1995, at his residence. He was born Dec. 31, 1905, in Granite City, where he attended school.

Mr. Huffstutter served in World War II for three years, primarily in the European theater of operations. He participated in "D-Day" and the sieges of Sicily and Italy.

Employed with Granite City Steel's Personnel Department before joining Kaiser Aluminum, he also worked in Newark, Ohio, prior to being assigned to Kaiser's Corporate Headquarters in Oakland, Calif.

A coach with several state championship group swimming and diving teams in Ohio, he enjoyed swimming.

Survivors include his wife, Shirley (Haven) Huffstutter, formerly of Granite City, whom he married in 1948; two sons, John Huffstutter of Dallas, Texas; Bill Huffstutter of Belize, Central America; one daughter, Jan Huffstutter of Mammoth Lakes, Calif.; one sister, Georgia McMillan of Granite City; and four grandchildren.

He was preceded in death by his parents, Roger Dean Presley and Edna (Gandy) Presley; and one sister, Cynthia Cole.

Services were held Tuesday at Irwin Chapel, Granite City, with Rev. Bob Jones officiating.

Memorials are requested for the family of R. Allan Presley.

## Robert Broomfield

Robert Broomfield, 78, of Granite City, formerly of Granite City, died Friday, Feb. 10, 1995, at St. Elizabeth Medical Center. He was born Nov. 1, 1916, in Venice.

An employee with the Disabled American Veterans in Granite City, he was also employed as a bartender for many years.

Mr. Broomfield was a member of the Disabled American Veterans in Granite City and the Eagles Lodge 3740 in Granite City.

Survivors include one daughter, Jewell Paterson of Glen Carbon; two sisters, Bonnie Bowlin of Flushing, Mich.; and Dorothy (Wright) of Worth, Ill.; one grandchild; three great-grandchildren; and three great-great-grandchildren.

He was preceded in death by his wife, Jewell, whom he married in 1958 in Carlinville, Ill.; and his parents, John and Elsie May (Butter) Broomfield.

A memorial service will be held at 1 p.m. Saturday, March 25, at Sunset Hill Memorial Estates Chapel, Glen Carbon, with the Rev. Rev. Michael Smith officiating.

Arrangements are being handled by Weber Funeral Home, Edwardsville.



## John Edwards

John F. Edwards, 55, of Granite City, formerly of Venice, died at 7:19 p.m. Sunday, March 19, 1995, at his residence after a sudden

illness. He was born Aug. 6, 1939, in Venice and had been a resident of Granite City for 39 years.

An inventor of oil, Olin Matheson in East Alton for 26 years prior to his retirement in 1994, he was a member of Triple Lodge 833 Masonic Lodge, Granite City, South River Bodine, Southwestern Illinois, Alain Temple, Tri-City Shrine Club, International Association of Machinists and Aerospace Workers Local 663 and International Order of Odd Fellows, Site Mile Lodge 87, where he served as a past noble grand. He was of the Protestant faith.

Survivors include his mother, Dorothy (Gray) Edgards of Granite City; two sisters, Martha Pragacz of Granite City and Mary Sturm of Godfrey; two nephews and two nieces.

He was preceded in death by his father, Winfred "Ed" Edwards.

The family will receive friends at 6 p.m. Thursday at Thomas Mortuary, 101 Main Street, Granite City.

A memorial service will be held at 7:30 p.m. Friday at the Rev. Leon Bell officiating.

A Masonic service will be held at 7 p.m. Thursday at the funeral home.

Memorials are requested for the Shriners' Hospital for Crippled Children.

## Orlando, Fla.

Services are at 9 a.m. today, Wednesday, at Holt Funeral Home, 801 Clinton, at 8:30 a.m. Washington Ave., Granite City, with the Rev. William Fisherkele officiating.

Burial will be in Calvary Cemetery, Glen Carbon. Arrangements are by Irwin Chapel, Granite City.

Memorials are requested for the Chemical Dependency Services of St. Elizabeth Medical Center in Granite City.

## Orville Woodward

Orville Dwyerd Woodward, 80, of Collinsville, died at 5:45 a.m. Saturday, March 18, 1995, at Memorial Hospital, Belleville, Ill.

Services were held at 10 a.m. Saturday.

Survivors include his mother, Dorothy (Gray) Edgards of Granite City; two sisters, Martha Pragacz of Granite City and Mary Sturm of Godfrey; two nephews and two nieces.

He was preceded in death by his father, Winfred "Ed" Edwards.

The family will receive friends at 6 p.m. Thursday at Thomas Mortuary, 101 Main Street, Granite City.

A memorial service will be held at 7:30 p.m. Friday at the Rev. Leon Bell officiating.

A Masonic service will be held at 7 p.m. Thursday at the funeral home.

Memorials are requested for the St. Paul Education Foundation or the Hospice of Southern Illinois Inc.

## Bill to a

Help for computers would be provided by a company

agency that assists alcohol and drug users.

The group would give the ability to the Illinois

Alcoholism and Substance Abuse

Services to help

users get help.

Memorials are requested for the St. Paul Education Foundation or the Hospice of Southern Illinois Inc.

## Ostomy group to meet Tuesday

The March Ostomy Support Group meeting will feature "Information You Need to Know About Incontinence Diseases," presented by Dr. Ben Painted, a specialist in internal medicine and infectious diseases.

The meeting will be held at 2 p.m. Tuesday, March 28, in the President's Room, on the ground floor inside Bonaventure's Cafeteria, at St. Elizabeth Medical Center, 2100 Madison Ave., in Granite City. Refreshments will be served.

Painter, who joined the SEMC medical staff in 1994, completed his undergraduate degree at College of the Ozarks in Point Lookout, Mo., and has been a lifelong resident of Granite City.

Mr. Painter is a member of Holy Family Catholic Church in Granite City, the Granite City Amateur Hockey Association, the Granite City South High School Warriors Hockey Team during high school and the Granite City Knights during college. He played hockey with the St. Louis Blues in 1988 and was an Army veteran.

Survivors include his father, David F. Shearlock of Univercity, Ill.; his mother, Joyce (Vander) Shearlock of Granite City; three brothers, John David, Darren F. and Michael B. Shearlock, all of Granite City; his sister, Robbin Ryan, of Belmar, N.J.; Mary and Linda M. Shearlock of Granite City; his paternal grandfather and stepgrandmother, John and Kathryn Shearlock of Kissimmee, Fla.; and his paternal grandmother, Mildred Shearlock of Fayette, County Health Department.

## Kevin Shearlock

Kevin Patrick Shearlock, 30, of Granite City died at 3:22 a.m. Saturday, March 18, 1995, at his residence, 101 Main Street, in Granite City, and had been a lifelong resident of Granite City.

Mr. Shearlock was a member of the Granite City Amateur Hockey Association, the Granite City South High School Warriors Hockey Team during high school and the Granite City Knights during college. He played hockey with the St. Louis Blues in 1988 and was an Army veteran.

Survivors include his father, David F. Shearlock of Univercity, Ill.; his mother, Joyce (Vander) Shearlock of Granite City; three brothers, John David, Darren F. and Michael B. Shearlock, all of Granite City; his sister, Robbin Ryan, of Belmar, N.J.; Mary and Linda M. Shearlock of Granite City; his paternal grandfather and stepgrandmother, John and Kathryn Shearlock of Kissimmee, Fla.; and his paternal grandmother, Mildred Shearlock of Fayette, County Health Department.

## Cleanup event slated for April 8

The 16th Annual Area Cleanup campaign, sponsored by the Tri-City Area Chamber of Commerce, will be held Saturday, April 8.

Barbara Duval of Centralia, Barbara O'Brien of West Alton and Waste Management have been named chairpersons of the event, which was initiated in 1979 when 12 members of a local Boy Scout Troop volunteered to clean up the area around the McDonald's Restaurant on Johnson Road.

The event has since grown to include more than 3,000 persons volunteering their time to pick up trash and debris on public property.

Activities for this year's campaign will be held during this month with a "Trash the Trash" poster coloring contest for area school children. The winning poster will be used to publicize the campaign. Savings bonds will be awarded to the top nine poster designs. Certificates and coloring books will be given to 100 winners.

Boy and girl scouts will be cleaning large areas of the inner city, earning merit badges provided by Waste Management for their efforts.

A large number of neighborhood associations and community groups will "adopt" a block or area. Among the groups planning to participate this year are the Downtown

Neighborhood Restoration Society, the Alton Area Chamber of Commerce, the Granite City Historical Society, Homeowners Energized for Lincoln Place (HELP), the City of Pontoon Beach and the Lincoln Neighborhood Association.

The U.S. Army Charles Melvin Price Support Center, Magna Bank, First National Bank, Roosevelt Bank, Wal-Mart, Ludlow Waste Systems, Head Start, McDonald's, Century 21 Royal, Belvoir, Belleville Area College, Waste Management, First Bank, BFI Waste Systems, St. Elizabeth Medical Center, Granite City Steel, Hope Lutheran Church, Madison County Probation department, Columbia Landscape Co. and Coldwell Banker Brown Realty are among the teams that have signed up to participate this year.

The "Highway Cleanup Golf Classic" will divide stretches of Interstate 270 and highways 3, 111 and 203 into equal distances (representing fairways). Teams of adults will clean their way down the green. Teams filling the most bags with trash will be given awards.

A new competition established last year will continue this year as a team from Granite City and a team from SEMC compete for a traveling trophy currently held by the Granite City Steel team.

A picnic will be held in Wilson Park at 11:30 a.m., following the completion of the cleanup of assigned areas. Teams will return to the green and share stories about their experiences.

Call the Chamber of

Commerce at 878-6400 for more information or to participate.

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## Rita Zappia

Rita Diane (Zappia) Zappia, 61, of Highland, formerly of East St. Louis, died at 6:44 a.m. Sunday, March 19, 1995, at St. Luke's Hospital, West Chesterfield, Mo. She was born Sept. 26, 1933, in East St. Louis, where she graduated from school. She moved to Highland 23 years ago.

An administrative assistant

with Bausch & Lomb Company in

Highland for the past 20 years,

she was a member of St. Paul

Catholic Church in Highland.

Survivors include her son,

Anthony Roger Zappia, who

married Oct. 25, 1952, at St.

Joseph Church in East St. Louis;

five sons, James M., John V., Dominic D., Michael and Joseph

Zappia of Miramar, Fla.; three

sisters, Dolly Plummer of St. Louis,

Margaret Josephine of Granite

City; and 10 grandchildren.

She was preceded in death by

her parents, Joseph and Nellie

(Bova) Bagliesi; and two sisters,

Severine and Charles

Woodward, both of Highland.

Services were held at 10 a.m.

Tuesday, March 21, at St.

Pauline's Chapel, Highland.

Arrangements were by Spangler

Burial Funeral Home, Highland.

Memorials are requested for the

St. Paul Education Foundation or

the Hospice of Southern Illinois Inc.

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(Staff photo by PAM DOEPKE-HURD)

**Dinosaur park** — First grade students in Kim O'Dell's class at Harris School got a hands-on learning experience by making their own dinosaur habitat as part of their study on the ancient reptiles. From left are Ryan Levy, Etoria Whitehead, Camesha Latham and Anna Meredith.

## Bill to aid gambling addicts advances

Help for compulsive gamblers would be provided by the state agency that assists people with alcohol and drug problems under a bill in the Illinois House.

The bill, introduced by Rep. Mulligan, R-Park Ridge, would give the additional responsibility to the Department of Alcoholism and Substance Abuse and require warnings and messages of available help on gambling material.

Sponsor Rep. Rosemary Mulligan, R-Park Ridge, said she would seek at least \$2 million to start the program.

Mulligan suggested that 1 percent of the more than \$200 million in annual state tax revenue from riverboat casinos be earmarked to help problem gamblers, although that proposal is not part of her bill.

The measure was endorsed Wednesday by the House Execu-

tive Committee.

The leader of an Alton-Wood River chapter of Gamblers Anonymous, who requested anonymity, called Mulligan's bill "a great idea; it would be a big help." He suggested some of the money be used to buy ads with toll-free telephone numbers for compulsive gamblers to call.

The bill requires that all printed material distributed by legalized gambling enterprises, including the state lottery, riverboat casinos, horse racing tracks and bingo parlors, include messages when compulsive gamblers can get help.

Information on compulsive gambling also would have to be put in locations where gambling occurs.

The Illinois Gaming Board, which licenses and regulates floating casinos, received a

\$400,000 appropriation in July to help compulsive gamblers.

The board was expected to vote on a new request at its meeting Tuesday in Chicago.

**NOTICE**  
City Maintenance Code  
Requires Chimney, Pipe, Soffit  
And Maintenance If You Need  
Repairs Or Have A Leak  
**Call Burkett's Tuckpointing  
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**Call 797-0037**  
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Give to the Homeless Assistance  
Fund on your Illinois Tax Form

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Present This Ad!



Purchase a pair of any regularly priced, complete pair of Eyewear (Lenses and Frames) and we will include a **FREE** pair of prescription Sunwear. Retail Value of up to \$140. Some restrictions apply.

\*To qualify orders must be placed at the same time, not valid with any of our Special Offers including industrial, reading only, eye savings plan, childrens packages, or other discount programs. Subject to Lens Power Limitations of 6.00 Diopter Spherical and 2.00 Diopter Cylindrical.

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Elec. Trunk Release, Pwr. Windows, Cruise, Wht. Wall Tires, Air Bag, Anti-Lock Brakes, Pwr. Locks, Delco Radio, AM/FM, 5 Spk. #50299 & #50220  
**\$14,990**

**1995 BUICK REGAL CUSTOM SEDAN**  
3.8 Ltr, V-6, pwr. locks, pwr. windows, delco radio, pwr. drivers seat, cruise, tilt delay, AM/FM, cassette, air, mirrors, keyless entry, pwr. pvt. sunroof, 5 spk. #50284  
**Only \$18,517**

**1995 BUICK SKYLARK**  
A/C, Rear Defog, AM-FM Cass., Delay Drivers, Tilt, Rear Defog, Anti Lock Brakes, Driver Airbag, Stk. #50496  
**ONLY \$14,694**

**1995 BUICK LESABRE**  
Fully Loaded  
**ONLY \$21,552**

**NEW 1995 BUICK ROADMASTER**  
Fully Loaded, 3.8 V-6, 4 spk, Rear Wheel Drive, Stk# 50177  
**Only \$22,998**

**NOW WITH SATURDAY SERVICE HOURS**  
**BUICK • PONTIAC • GMC**  
JUST MINUTES FROM THE ARCH  
I-55/70 TO RT. 157 NORTH, COLLINSVILLE, ILLINOIS  
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## BUSINESS

## Ribbon cuttings



(Staff photo by PAM DOEPKE-HURD)

**Grand Opening** — Heilig-Meyers Furniture held a grand opening ribbon cutting prior to letting customers into their store on March 9. From left are Chad LaMendola, St. Charles store manager; Robin Thomas, Tri-Cities Area Chamber of Commerce Women's Division president; Mike Skoklo, Chamber Ambassador; Bob Hudgins, Heilig-Meyers major market supervisor; Kyle Parker, store manager; Deborah Parker, wife of store manager; R.C. Busch, Chamber executive vice-president; Mayor Ron Selph and Terry Berry, manager trainee. Heilig-Meyers Furniture is located in the Crossroads Shopping Plaza and is opened Monday through Friday from 9 a.m. to 9 p.m. and Saturdays from 9 a.m. to 6 p.m.



(Staff photo by PAM DOEPKE-HURD)

**Ribbon cutting held** — A ribbon cutting was held for the Rock Creek Center at 2350 Benton Ave. From left are Janet Mills, Tri-Cities Area Chamber of Commerce Ambassador; Don Jones, community liaison; Peggy Feinberg, social worker; Mayor Ron Selph; Dr. Thwan H. Han, Kiem Han, Dr. Han's wife; Lydia Wright, receptionist; Carol Donif, office manager and R.C. Bush, Chamber executive vice-president. Rock Creek Center is located at 2350 Benton Ave. and offers a full spectrum of psychiatric services, including individual, family and couples therapy; adolescent service; medication management and consultation service; vocational counseling; psychological testing and Adolescent prevention/intervention program. For more information call 877-ROCK.

## Certified in eye specialties

Dr. Edward A. Doisy, a member of the medical staff at St. Elizabeth Medical Center in Granite City, recently received certification in cataract and implant surgery from the American Board of Eye Surgery.

Doisy, an ophthalmologist, has operated a practice in the St. Louis Metro East area for the past 18 years. He is a member of no fewer than 12 local and national medical societies.

Doisy's office is located at 12 Nameoki Village. He can be contacted at 451-7525.

## SBA has loans available for women

The Small Business Administration has announced the availability of loans for women who operate small businesses and those who anticipate establishing a small business.

Application may be made through the Small Business Development Centers at Southern Illinois University at Edwardsville and Lewis and Clark Community College in Godfrey.

The loan program is designed for women business owners who are starting or expanding a business, and have credit needs not exceeding \$250,000. Alan Hauff, director at the SIEU Small Business Development Center, said the business must be credit-worthy and demonstrate good cash flow. In addition, the business owner must have sound management skills and solid personal credit.

Funds may be used for the purchase of inventory, machinery and equipment, fixtures and furniture, business debt refinancing and working capital.

The centers will assist prospective women borrowers in developing a loan application package. Hauff said Applications can be submitted directly to the Small Business Administration for expedited consideration of a loan pre-qualification.

Additional information may be obtained by contacting Alan Hauff at SIEU, 692-2929 or Bob Duane at LCCC, 466-9411, Ext. 4610.

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CANDIDATE FOR

Superintendent of Streets

April 4

PAID FOR BY THE COMMITTEE TO ELECT GLENN ROMINE

## Granite City Steel, SEMC join forces on health care

In a partnership unique to this area, Granite City's number one and number two employers have joined forces to provide health care services.

National Steel has contracted with Veeder Health Occupational Health Service, the for-profit sister corporation of St. Elizabeth Medical Center and member of St. Elizabeth Health Services, to manage the health care responsibilities at the Veeder Health Clinic.

"We are pleased to add to our health care ranks this very qualified and well-trained group of occupational health professionals. They will enhance our resources to offer the health care responsibilities at the Veeder Health Clinic."

"We are proud to announce this partnership, which took effect," said Ginny Lepping, executive vice president and chief operating officer of Providence.

"With many companies are being forced to eliminate on-site health care, we have found a way to come together to maintain the clinic under new management," said Dr. Johannpeter of Granite City Steel.

The clinic's current staff will be maintained and become associates of Providence. The staff includes Glenda Moore, nurse manager; Vicki Schrader, Lynn Canada and Debbie Pickell; and the clinic secretary, Debora Bradley.

"Veeder is pleased to add to our health care ranks this very qualified and well-trained group of occupational health professionals. They will enhance our resources to offer the health care responsibilities at the Veeder Health Clinic."

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## New department to direct quality control at hospital

Quality care is the main goal at St. Elizabeth Medical Center, in Granite City.

Throughout the years, the medical center has had the support of physicians and associates, the newest technology and the most efficient and cost-effective ways of delivering care to their patients.

Another step toward improving quality, SEMC has created a new department to guide the continuous quality improvement process. Julia Rogliano will meet the organizational performance improvement department. She will be working with Marcia Walker, risk manager, and will coordinate the medical center-wide quality activities; and Becky Coker, who will be responsible for coordinating the medical peer review program.

"I am excited to be involved in developing this program and working with an excellent group of people. I feel we will be able to successfully move the organization into a continuous quality improvement environment," Rogliano said. The process to develop a

department devoted to quality began with a consultant in October 1993.

"We were looking at reorganizing the medical staff structure and by-laws and improving the medical staff quality program," Rogliano said. "Through the process, one issue was identified — the quality program was too decentralized. If we brought the functions into one area, we could establish more standardization, program with a more multidisciplinary approach that could look at the medical center's systems and processes throughout all departments, including the medical staff."

Previously, each department had its own program. Each program was separate and reviews were conducted independently. There was no mechanism to communicate findings.

"The new department should reduce duplication of effort and duplicate work. It will allow for more effective identification of problems and where they begin, because we will be working with the groups that are directly involved in the process,"

## Two named to board of SIEU University Park

Two St. Louis corporate executives have been elected to fill vacancies as community directors on the board of SIEU University Park at Southern Illinois University at Edwardsville. Elected to the positions were William K. Anderson, 5000 N. 10th, vice president and senior partner of Fleishman-Hillard, and James C. Carlile, senior vice president of imaging for Mallinckrodt Medical Inc.

The election was held at a meeting of the members of the not-for-profit University Park Corp. immediately following the SIEU board of trustees meeting at Carondelet.

The newly elected directors will fill vacancies left by the resignations of John McKinney,

president and chief executive officer of Laclede Steel Co., and Robert Baer, president of Upton Inc.

University Park, SIEU Inc. is responsible for the development, management, and maintenance sector companies and government entities. Land within the park is available for lease to companies which would benefit from such relationships. The complex is located on the east side of the university campus, adjacent to Illinois 157. A new parkway into the complex from Illinois 157 is being completed and is scheduled for dedication in April.

Robert A. Wetzell, president and chief executive officer of TheBANK of Edwardsville, is chairman of the board of

directors. Other officers include vice chairman, L. Thomas Lakin, principal of the Lakin Law Firm; and chairman, H. Rogliano, chairman of the board and president of Madison Mutual Insurance Co.; and secretary, David J. Werner, provost and vice president for academic affairs at SIEU.

Other members of the board include James Brown, chancellor of the National University, president of SIEU; Joann Harmon, vice president of corporate administration of Emerson Electric Co.; Gayle Johnson, controller of the City of Alton Co.; and Ronald Winney, treasurer of Ralston Purina Co.

Brian Donnelly is executive director of University Park.

## Girl Scout Anniversary March 1995

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## Drug

Researchers  
Medicine  
and to treat Alzheimer's  
The drug, a potential  
of the disease  
and improve its  
study or in use.

"This is a great deal of progress," said Grossberg, M.D.

"While no drug can halt its progression, it can improve patients' quality of life."

## HAPPY

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## LOCAL NEWS

## Crown begins airing singles service

By Scott Cousins  
Staff writer

Singles looking for love can now turn to their local cable TV station.

Crown Cable in Maryville recently started airing The Dating Network at 6 and 11 p.m. Saturday and Sunday evenings on channel 3. Participants can add for a potential date on the show can participate by dialing a 1-900 number. There is a \$2 per minute charge for anyone answering ad.

The Feb. 25 broadcast was designed to attract singles. The first actual program was aired March 4. The first show featured 25 ads, according to Randy Smith, the station's programming and production manager.

"The Dating Network represents the fastest and most secure way for our customers to meet compatible companions in this area," Smith said.

"It's the best way we could find to fill this

important need for the 30-plus percent of our customers that are single or single again.

He said the program is what customers would find in a newspaper.

"We don't expect it to be a big money maker, but we're doing more as a service to customers," Smith said. "As you can tell by looking at local papers, it (the singles section) is very popular."

Smith said it is impossible for the local cable company to measure the program's success because it is actually produced by a Worthington, Ohio, company.

The company, Worthington Video Services, produces similar shows in more than 100 cable markets ranging from 20,000 to 300,000 viewers, according to the company's director of marketing.

He said the company produces "the only show in the industry specifically designed for cable TV."

According to research, viewers want something that looks like real television —

"not just graphics," he said.

He also said the service is safe because it is a voice-mail system and participants don't have to respond.

To participate, singles call 1-800-949-DATE (342-8323) and place their free 20-word personal ad and a free voice greeting message. The 20-word ad is what appears on The Dating Network show.

Within 10 days, they will receive an instruction brochure detailing the entire service. The information also includes a confidential personal access code to retrieve ad responses.

Viewers respond to ads by calling 1-800-454-1000. These calls cost \$2 per minute. All callers must be 18 or older and use a touch-tone telephone. Both lines are available 24 hours per day.

Worthington Video Services and the local cable company split profits from the telephone calls.

## Bill called boost to health care

Lower employer costs and portability for employees are among the highlights of a health insurance reform package recently announced in Springfield by Illinois House Democrats.

State Rep. Steve Davis (D-Bethalto) says the proposal is a win-win situation that will benefit both workers and employers. The provisions of the plan would allow employers to join a Health Purchasing Group to provide the same or better coverage at lower costs. The bigger the number of people participating in a group plan, the lower the costs," Davis said. "Through pooling, smaller businesses will see similar cost savings enjoyed by big companies."

"One of the major hurdles for workers who lose their job or take another job is the 'preexisting condition' limits in most health insurance policies," Davis said. "Under this proposal, an employee can gain a 'preexisting condition' credit which will carry over to any other health insurance plan."

Although exact figures still need to be worked out, Davis said the plan would also open up the state's Comprehensive Health Insurance Program (CHIP) to more people.

The CHIP program provides coverage for people who cannot get health insurance due to a catastrophic illness. The administrators of the CHIP program are working on the information we need to make the program accessible to more people," Davis said.

The final provision of the package would allow a health insurance tax credit for people who are self-employed.

## SIUE plans trip to Australia

Southern Illinois University at Edwardsville will sponsor a travel study trip to Australia this summer, June 21 through July 13. The instructor for the course will be Robert Williams, professor of curriculum and instruction.

Sponsored by the School of Education, the trip is designed for elementary and secondary teachers who wish to expand their teaching skills and see how education differs in other countries.

Content of the study will include exploring the natural, educational,

and cultural aspects of Australia. The trip may be taken for academic credit or under the Educard Program. Arrangements can be made to accommodate participants wishing to visit other countries at the completion of the course.

Although the round trip between Los Angeles and Sydney, Australia is \$1,665, land costs, which include lodging, land transportation and selected activities, is \$1,100 per person. Tuition for three hours of academic credit at in-state rates is \$303.05, or \$35 through Educard registration.

Places to be visited include Sydney, Canberra, Adelong, Wagga Wagga, Mildura, Broken Hill, Adelaide, Alice Springs, Ayres Rock, Cairns and Kuranda. Workshops will be held at various schools throughout the trip. In addition, participants will spend a day with an Australian teacher and a day with a teacher who has been introduced to the internationally recognized "School of the Air" education programs developed for students who live on isolated ranches.

Participants also will have the opportunity to watch the sun set and rise at the famous Ayres Rock in Uluru, explore the Great Barrier Reef, see kangaroos, emus, penguins and dingos, visit the national capital building and Parliament House in Canberra, and explore Old Town in Sydney.

Additional information may be obtained by contacting Robert Williams in the SIUE School of Education at 692-3788, or FAX 692-3359.



**Open up** — Clella Schreiber of Granite City receives a dental checkup from Dr. Janet Doerr of Edwardsville during the annual senior citizens fair held recently at Southern Illinois University at Edwardsville. More than 3,000 seniors turned out for the event, which included a variety of senior citizen entertainment groups, including barbershop quartets, gospel and choral singing, special dance troupes and variety acts. The fair also included social services and health information tables, craft tables, workshops and preventive health screenings, including those for diabetes, anemia, blood pressure, oral health, glaucoma, cataracts, cholesterol and hearing.

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\$44.95 \$49.95 \$54.95

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**Coupon**  
10% Every Thursday  
DOES NOT APPLY TO ADVERTISED SPECIALS

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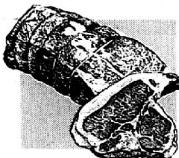


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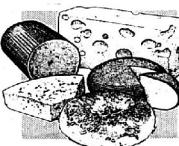
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We're ready  
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Granite City Store Manager



### Garden Fresh Produce.

Our produce experts carry only pick of the crop fruits and vegetables shipped from around the world. Compare our great selection.



### Complete Liquor Shop.

We carry all your favorite brands of liquor, beer and wine.



### Family Video Center.

Rent top box office hits from our large library of films. You'll find something for the whole family.



## Section B



### BASKETBALL

Mitchell Athletic Club results and standings.

Page 4B



Art Voellinger

### Statue to honor Kassebaum at EU

In the history of Eastern Illinois University basketball, no player — man or woman — has accumulated more points, assists and steals than Nancy Kassebaum of Belleville.

From 1974-78, the former Belleville East all-state tallied 1,865 points, 711 assists and 495 steals.

**THOSE FIGURES** were good enough to earn her a place in the EU Hall of Fame. But, in Nancy, the person, made such an impression on April 22 a statue in her honor will be unveiled during ceremonies on the Charleston campus.

Actually, the statue is to be in recognition of women's athletics here. EU sports information director David Kidwell.

The idea for the statue came from Carol Williams, a retired EU vice president of student affairs. A resident of Colorado Springs, Williams devoted more than 30 years to EU in various capacities, including nothing matched by women's sports.

The 10-foot statue was made to the likeness of a photograph of Kassebaum and will feature her uniform No. 13.

"I'm not exactly sure where the statue will be placed," Kidwell said.

My guess is, if contributor Williams has his way, the statue will stand outside the 6,200-seat Lantz Gym on the EU campus.

**OVERTIME:** Currently in charge of cardiac rehabilitation at St. Elizabeth's Hospital in Belleville, Nancy also played shortstop on a state-champion baseball team — and even helped the school to a third place finish nationally.

A former athlete at Belleville East, Nancy lettered in basketball, softball, track and tennis. In 1978, in her first year of teaching, she was advanced to the state finals with doubles partner Donna Farley.

**EXTRA INNINGS:** While other levels of baseball have had problems, the Mon-Clair League continues to chug along.

At a recent meeting, the 10-team league set May 21 for regional tournaments, with East St. Louis at Belleville, Millstadt at Edwardsville, East Alton at Waterloo, and Vandalia at Granite City.

In addition to playing twin bills on the Sunday and Monday of Memorial Day weekend, teams will play back-to-back doubleheaders on June 10 and June 11.

The Vandalia Invitational tournament will run July 1, 2 and 4, with the all-star game slated for July 19 in Waterloo.

Due to the conflict at Longacre Park in Fairview Heights, the league will hold a double-elimination playoffs at a selected site.

As long as the baseball strike continues, Waterloo will be without the services of '94 M-C pitching leader Larry Shikles. In recent years, the Cardinals, who featured pitchers Bo Chappagne and Larry Pierson, who are with Shikles in the Cardinals spring training camp.

Right-hander Ernie Baker, a former O'Fallon High standout, also is in the St. Petersburg, Fla., camp.

*(Art Voellinger is the basketball and soccer coach at O'Fallon High School. He writes a twice-weekly column for the Journal.)*

**IHSA Class AA State tournament**  
Friday, March 17  
at O'Fallon  
Champaign

Game 1: Joliet 42, Glenbrook North 39  
Game 2: Peoria Manual 64, Hersey 36  
Game 3: Rock Island 75, Edwardsburg 56  
Game 4: Harvey Thornton 46, Chicago Faragut 43

**Saturday, March 18**  
Game 5: Peoria Manual 64, Joliet 60  
Game 6: Harvey Thornton 56, Rock Island 53  
Third place: Rock Island 69, Joliet 59  
State championship: Peoria Manual 65, Harvey Thornton 53

**Proposed motor sports park**  
and office complex will be built near Illinois 158 and Interstate 64, said Thomas, president of Belleville, said the project would include a half-mile paved speedway and a feature stock cars. A NASCAR sanction will be sought, meaning the top stock cars could race here.

Thomas said the Motorplex will cost approximately \$2.2 mil-

# LOCAL JOURNAL SPORTS

WEDNESDAY, MARCH 22, 1995  
GRANITE CITY JOURNAL

### BASEBALL

Warriors open season against East Moline.

Sunday



## Seniors ready to strike with Lady Warriors

Granite City girls seeking third straight trip to state

By Tony Panozzo  
Staff writer



Senior Marci Holsinger will start in goal for the Lady Warriors, who open the season Friday against Incarnate Word.

### GRANITE CITY LADY WARRIORS 1995 Soccer

	March
24 Incarnate Word	4:30 p.m.
25 Belleville East	1 p.m.
27 at Roxana	4 p.m.
30 at Wood River	4:30 p.m.

	April
4 Collinsville	4:30 p.m.
5 Belleville West	4:30 p.m.
11 Belleville East	4 p.m.
13 Alton	4:30 p.m.
17 McCleer North	.6 p.m.
24-29 St. Dominic Tourn.	TBA

	May
2 at Belleville East	4:30 p.m.
4 at Hazelwood Central	4 p.m.
6 Chatham Glenwood	11 a.m.
8 at Belleville West	5:30 p.m.
17 O'Fallon	4:30 p.m.

May 23-25: Sectional Tournament  
June 2-3: State Tournament

### Wrestlers dominate all-SWC team

By Tony Panozzo  
Staff writer

The Illinois High School Association's decision to end the 1994-95 wrestling season last month left Granite City with plenty of unfinished business. But the Warriors had little left to prove among area teams.

Granite City, which won its fourth Southwestern Conference title, landed its entire 13-man roster on the all-SWC team. The Warriors dominated the voting and had four wrestlers named to the first team.

Granite City finished the season with a perfect 25-0 dual record.

The Warriors were ranked first in the all-SWC and were heavily favored to advance to the IHSA dual-team state tournament for the second straight year.

**BUT THE IHSA** canceled the entire dual-team series after refusing to allow participation by the O'Fallon Mount Carmel, which gained a state induction after being ruled ineligible for state.

Warriors ended the season in Champaign with the Class AA individual state tournament, where they produced four place winners and one of their top performances in school history.

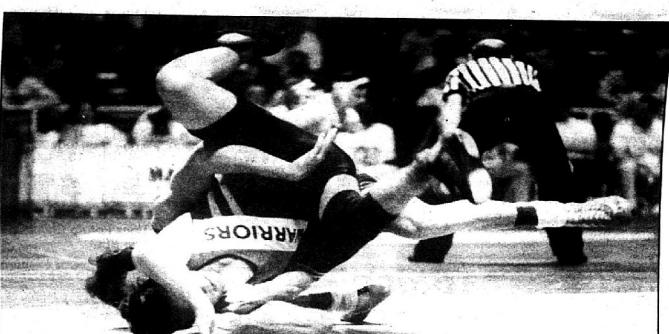
**THE PROPOSED** motor sports park and office complex will be built near Illinois 158 and Interstate 64, said Thomas.

Thomas, president of Belleville, said the project would include a half-mile paved speedway and a feature stock cars. A NASCAR sanction will be sought, meaning the top stock cars could race here.

Thomas said the Motorplex will cost approximately \$2.2 mil-



Senior striker Holly Farnsworth (right) returns for her final year with the Lady Warriors.



Junior 189-pounder John Selliers, a junior, made the first all-Southwestern Conference wrestling team.

Among Granite City's first-teamers on the all-SWC team were state place winners Tim Fulker, Joe O'Fallon, Tony Buchek and Chris Janek. Fulker, a senior, was named to the first team after placing sixth at state at heavyweight.

Senior 135-pounder Brian Schooley, a state qualifier, was also named to the first team.

**JUNIOR STATE** qualifiers Bob Chaulsett (103), Jeff Estrada

made the first team for the third straight year. Janek, a junior, was named to the first team after placing sixth at state at heavyweight.

Senior 135-pounder Brian Schooley, a state qualifier, was also named to the first team.

**THE CITY** would be required to include MVG's property into the proposed TIF district no later than Oct. 1, unless an extension is approved in writing by the city council.

In addition, MVG is requesting that the city improve the interchange between the frontage road adjacent to the property and the TIF district. MVG also wants to improve the frontage road by widening it to a full, two-lane, shouldered blacktop road. Under the agreement, the city would have to make both improvements by April 1996.

**IF THE TIF** district is approved, the city would give MVG 60 percent of the property taxes produced on the property for 23 years. The payments would be made on a quarterly basis.

MVG is seeking not to pay any connection fees for water taps on its property.

The annexation agreement will ultimately need to be approved by the city council. Thomas is optimistic that the building permits would be in place by mid-summer on the race track.

Thomak hopes to have the track open in the spring of 1996. Sites for the business park would be available by that time.

"This is truly a family-oriented facility," Thomas said. "We also anticipate that the motorplex will be used for charity events, trade shows, company picnics, and other special events."

"It will be designed to meet the needs of a major (corporate) sponsor. We will do presentations to be on par with the St. Louis Cardinals or the Blues. We do intend to be able to meet the requirements of business entertainment."

(145) John Venne (159), John Selliers (189) and junior 135-pounder Kevin Feigenbaum rounded out Granite City's first-team selections. Junior 160-pounder Joe Scott, a state qualifier, made the second team.

Sophomore 119-pounder Mike Glover and junior 125-pounder Mark Mendenhall both made honorable mention.

**GRANITE CITY** qualified a team-record 21 wrestlers for the Illinois Kids Wrestling Federation state tournament with a dominant performance Saturday at the Vandalia Sectional.

Granite City will send 21 wrestlers to this weekend's state tournament at the University's Redbird Arena in Normal.

The team produced seven sectional champions Saturday — a number which matched runner-up Bellville's entire total of state qualifiers.

The team's number of qualifiers topped last year's record total of 18, believed to be

an IKWF state record.

Allen Kirgan said Granite City had 13 state qualifiers in senior competition (ages 13-14) and 8 qualifiers in novice competition (ages 10-12). The two-day tournament begins Friday.

**QUALIFYING FOR** senior competition stand 10th overall.

Gary Oxford, first at 79 pounds;

Josh Merce, third at 79; Rich Carney, third at 84; Ryan Worthen, first at 95; Mike Sparks, second at 101; Matt Hale, second at 108; Brooks Narvaez, second at 130; George Kirgan, second at 130; Matt Levart, second at 147; Kevin Venne, first at 156; Nick Nickich, second at 177; Mark Derosset, third at 189; and Ben Temple, first at 215.

Granite City's novice qualifiers were Steven Peach, first at 62; Tom Venne, second at 68; Jake Tirtan, second at 70; Chet Wilson, second at 84; Zack May, first at 89; Mark Venable, first at 122; Pat Jarman, second at 130; and Jason Newman, first at 215.

Granite City won the team title in senior competition but finished stand 10th overall in the novice competition. Bellville and Granite City both qualified eight novice wrestlers for state.

Granite City will bring four novice state qualifiers to Normal this weekend — Oxford,

George Kirgan, Venne and May.

Oxford placed fourth at 74 pounds last year. Kirgan placed sixth at 115. Venne was second at 115. May placed fourth at 115. All placed fourth at state two years ago.

Earlier this month, Granite City dual team at the IKWF state dual-team tournament for the second straight year. The team is ranked second in Illinois.



Senior Staci Dowdy of GCHS scored a goal in scoring last year with 16 goals.

School in Hoffman Estates. After defeating Collinsville for the Colgate title, the Warriors beat Granite City advanced to the state tournament and knocked off Libertyville on penalty kicks before losing to Bellville Central 3-0 in the semifinals.

(See LADY WARRIORS, Page 3B)

## GC grapplers qualify 21 for state

The Granite City Wrestling Club qualified a team-record 21 wrestlers for the Illinois Kids Wrestling Federation state tournament with a dominant performance Saturday at the Vandalia Sectional.

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## SPORTS

## Sports shorts

**Softball teams needed**  
Teams are now being accepted on a first-come, first-serve basis for men's and coed softball leagues in Madison. Men's teams will play on Tuesdays and Wednesdays, and on Sunday nights. Coed teams will play on Fridays.

The league fee is \$325, and the entry deadline is April 6. For more information, call Jim Schooley at 451-1440.

**Hall of Fame seeking players**  
The Granite City Sports Hall of Fame is seeking players from the 1950-79 state and regional Maccabi women's softball team and varsity letter winners from the 1957 state runner-up Granite City High School wrestling team.

Player names and addresses and phone numbers are needed. To report information, call Hall of Fame vice chairman Tom Schooley at 452-7122.

**MCGSA taking donations**  
The Madison County Girls Soccer Association will be taking donations throughout the area Saturday, March 25. The organization, which has funds to cover costs for field maintenance and officials and other expenses.

Donations may be made at 27th and Madison or at National, Sobe, and Save on Schnucks in Granite City.

**Mitchell Khourey sign-ups**  
The Mitchell Athletic Club is extending Khourey's registration through the month of March. Registration will be held from 6-8 p.m. on Tuesday and Wednesday nights at the Mitchell School gymnasium, 316 E. Columbia.

All players must register and will be placed on teams by year of birth. The fees for a schedule of at least 10 games are \$25 for 7-8 ages 5-6, \$30 for softball (8-and-over), \$35 for coach pitch baseball (age 7), and \$35 for baseball (age 7-Senior Legion).

Anyone interested in managing or coaching may register at Call Jim Monroe at 737-1532 for more information.

**Pontoon Khourey sign-ups**

The Pontoon Beach Khourey League will hold sign-ups for the 1995 baseball and softball seasons on Mondays and Saturdays through March.

Sign-ups will be held from 6-8 p.m. Mondays at the Pontoon Beach Senior Citizens Hall and from 11 a.m.-4 p.m. Saturdays at Tracy's Shirt Shop, 404 Park Lane.

Registration requires an original copy of the club's bill of lading, \$20 for T-Ball and coach-pitch, \$30 for baseball, \$20 for softball and \$35 for adult softball. Two players are needed for the 1995 season. Anyone interested in managing, coaching or umpiring may call Tracy at 931-1291 or Kathy at 737-6738.

**Madison Khourey sign-ups**  
The Madison Khourey League will hold sign-ups for the 1995 baseball season at 7:30 p.m. March 28 at the Madison Recreation Center, 7th and Lee



Six students from Mitchell's Tae Kwon Do won their fights on a Feb. 18 kickboxing card at the Elks Club in Belleville. Pictured with instructor Ed Mitchell are (from left) Butch DePew, Ben Bandy, Tom Westbrook and Matt Bandy. The two winners not shown were Jeff Witter and Brad Meyer.

**St. Louis on its fields on Marshall Road.** The tournament will feature competition among 8-and-under, 10-and-under, 12-and-under, 14-and-under, 16-and-under and 18-and-under teams with a three-game guarantee.

Entry fees are \$75 for 8-and-

under teams; \$100 for 10-and-under; \$125 for 12-and-under; \$140 and \$155 for 14-and-under, 16-and-under and 18-and-under teams.

For more information, call Don Leeker at (314) 576-5551.

**Baseball tournaments**

The Dream Fields Inc. Sports Complex will play host to a series of St. Louis-area baseball tournaments open to Atom, Bantam, Midget and Juvenile teams beginning April 14.

The first tournament, scheduled for April 7-9, is for Atom II, Bantam I and II and Midget I and II teams. The entry fee is \$85.

The second tournament, scheduled for April 27-29, is for Atom II, Bantam I and II, Midget I and Juvenile I teams. The entry fee is \$85.

For more information, call Paul at (314) 225-0484 or Rodger at (314) 391-6686.

**Mother's Day tourney**

Teams are being sought for the SLAM (St. Louis Area Managers) Mother's Day ASA fast-pitch softball tournament, scheduled to be held May 12-14.

The tournament is open to 8-and-under, 10-and-under, 12-and-under and 14-and-under teams, and will be held at the South St. Louis Athletic Association Dream Fields in South St. Louis County.

For more information, call Paul at (314) 225-0484 or Rodger at (314) 391-6686.

**Women's softball league**

Teams are needed for an open women's fastpitch double-header softball league to be played at the Kiel Center. There will be a 14-game schedule and the first eight teams will be accepted.

League play starts June 13-14, with teams playing one night.

Teams are also needed for an 18-under girls fastpitch tournament to be held June 10-11 in Hartford. The top 12 teams will compete in the final 10, 15 teams will be accepted. The entry fee is \$125, send checks (payable to Royals) to Tony Zolner, 160 Tennessee, Granite City, Ill.

For more information, call Zolner at 931-4586.

**All-American Game**

Tickets for the McDonald's All-American High School Basketball Game are on sale. The game, annually the premier prep basketball game in the country, will be played April 10 at the Kiel Center.

Fans can purchase tickets at the Kiel Center box office, all

Tickets Now outlets or by calling Dialix at (314) 291-7660. Tickets

for more information, call Zolner at 931-4586.

**Local teams needed for the Dream Fields Inc. Softball Association tourney**

Local teams are needed for the Dream Fields Inc. Softball Association tourney, to be held April 7-9.

Sixteen teams are needed for the Class D and Low C tournament.

For more information, call Zolner at 931-4586.

**Softball tourney**

The Kirkwood Athletic Association will hold an ASA girls fastpitch tournament May 19-21 in

cost \$5, \$10, \$15 and \$25. There are also a limited number of premium seats at \$100 each. Group discounts are available. All proceeds from the game will benefit Ronald McDonald Children's Charities of St. Louis.

Michael Jordan, Patrick Ewing, LaPhonso Ellis and Glenn Robinson are a few of the

many NBA players who took their first steps to stardom in the McDonald's game.

For more information, call 451-1440.

lar belief, students don't have to be all-state to qualify. Much of this money goes unused.

For more information on how to get a college athletic scholarship, send a self-addressed (business size) stamped envelope to the National Sports Foundation, 411A Willow Drive, P.O. Box 940, Oakhurst, N.J., 07755.

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(Staff photo by PAM DOEPKE-HURD)  
Granite City's Christy Costillo (right), a three-year starter, looks to send the ball during a game last season.

## •Lady Warriors

(Continued from Page 18)

The Lady Warriors lost a handful of seniors from last year to graduation, notably All-State sweeper Holly Farnsworth and out goalkeeper Mikia Economy. But most of the lineup remains intact from last year's team — including senior strikers Staci Dowdy and Holly Farnsworth.

Both are three-year starters who helped lead the Lady Warriors to state as sophomores two years ago. They are just two of 10 returning starters.

"We have potential in scoring in Staci Dowdy and Holly Farnsworth," Baker said. "They're two strong players and very capable finishers."

Dowdy was the team in scoring last year with 18 goals, and Farnsworth added eight while battling injuries for the second straight year. Depending on the team's development, Dowdy and Farnsworth could form a dominant 1-2 scoring punch in the attacking end.

"If we are good enough to do that, we will be a pretty good team," Baker said. "(Farnsworth) has been plagued with injuries the past two years, but she has always been a very potent scorer in her career."

While Dowdy and Farnsworth will lead the way up front, Granite City's defense could prove to be the team's greatest strength. Senior starters returning in the backfield include seniors Kara Gauen, Tonya Genovese and Jennifer Splainard and sophomore Jaime Delbringe.

"I feel we have the potential to have the best backfield we've ever had," Baker said. "We have a number of solid players in the backfield."

Replacing Economy in goal will be senior Marci Holsinger, who played with GCHS as a freshman.

"She does a nice job," Baker said. "She has a very good attitude, and I think she's really going to help us."

Among Granite City's other veterans are seniors Christy Costillo, Penny Kreher, Kelly Thom-

as, Amy Henson and Kelley Wil-

liamson. Costillo is one of the team's most versatile players and will play throughout the field. Kreher is a midfielder with scoring abilities, and Thomas Williamson and Henson will also be in the midfield.

Joining the Lady Warriors' veterans are several seniors, including juniors Erynn Ellis and Maria Coimbra and a deep group of sophomores who posted an undefeated record under JV coach Kimmy Hargan's second year. The team went 15-0 and was led in scoring by Roxie Simpson, who also saw time on the varsity level throughout the year.

"We have a number of other freshmen accompanying the team and saw action at the state tournament," Baker said. "Several sophomores could contribute to the development. Dowdy and Farnsworth could form a dominant 1-2 scoring punch in the attacking end."

"If we are good enough to do that, we will be a pretty good team," Baker said. "(Farnsworth) has been plagued with injuries the past two years, but she has always been a very potent scorer in her career."

The sophomore class includes Connie Meyer, Rachel Kennedy, Kristen Knox, Jennifer Martin, Rachel Melford, Marcie Meyer, Mandy Rohay, Connie Simpson and Crystal Timmons.

Six freshmen will also see

time: backup goalie Shannon Roth, Ismael Mohsen, Shannon Ellis, Katie Curran, Jessica Melford and Jennifer Williamson.

Baker's assistance this year are Kirksey, volunteer coach Alan Harris, and goalkeeper coach Mike Bristol.

After beginning the season Friday, the Lady Warriors will open Southwestern Conference play at Alton on Saturday. The SWC has expanded to include two new girls' teams, Belleville East and Belleville West.

The Lady Warriors' schedule includes a game against Hazelwood Central, the St. Dominic Tournament and Friday's opener against powerful Incarnate Word.

"They're as good as it gets," Baker said. "It'll be a very tough opener."

## Picking out the right lures

By Bill Seibel  
Correspondent

If there's a group of lures that are hard work to fish but deliver results with a capital "W," it has to be the minnow-imitating type.

As a group, these lures catch fish year-round and with a variety of techniques, but springtime gives them their popular nickname of "jerk baits."

The jerk baits group includes the original Rapala, the Rebel, the Rattlin' Rogue and the Bomber Long A among others. These four seem to rank as the most popular, and each has its place in a tackle box because each is similar but slightly different.

A number of years ago, lure maker Jackie Smithwick told me each had a different specific gravity which made it react differently in the water. Smithwick's Rattlin' Rogue is a light plastic lure with pellets inside that cause it to rattle.

The Rapala originated in Finland and brought to this country back in the very early 1960s, is made of balsa. It has no rattles, casts high and has distinctive action in the water.

The Rebel was the first plastic copy of the Rapala. It also floats high, has no rattles, but has a different weight and ride differently on the water's surface than the Rapala. Like the Rogue, if you break one open, you'll find the Rebel made of a plastic foam coated with a tough plastic skin.

The Long A is made with a more solid plastic, has a larger single rattle that clicks and works differently both on the surface and under the water than the others. In addition, the Long A comes in clear or slightly tinted plastic versions with flashy markings giving a different look in the water than the others.

Each of these lures comes in several sizes, with those in the 4 1/4- to 7 1/4-inch long versions the most popular on area lakes in the early spring.

All also are fitted with clear plastic lips of varying sizes. The longer the lip, the longer the lure will dig. Conditions and personal preferences will dictate your selections as you gain experience with these lures.

To start, follow the advice of a local guide or an experienced friend — and experiment.

There are a number of ways to fish this lure, but in the early spring the so-called "rippin'" technique is the favorite.

Most anglers use a casting outfit with a fast-tip action rod of six to seven feet, a free-spool reel and line in the 8- to 12-pound-test range, depending upon the conditions.

Find banks with the wind blowing in on them. This makes boat handling and casting very difficult, but can be done.

It's best to hold the rod nose-first into the wind with the electric motor and make long casts with the wind, then retrieve the lure into the wind. I've read articles which suggest it brings

(See SEIBEL, Page 4B)



(Staff photo by PAM DOEPKE-HURD)  
Lady Warrior senior Kara Gauen (left) is one of the team's top defenders.

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## SPORTS

## Mitchell Athletic Club

Basketball	
3rd-4th Grade Girls	
Shop Attan.	8-0
Dunkers	5-4
Hot Shots	4-4
Bossy Babes	2-6
Maryville Bombers	1-7
Scores	
Hot Shots 20, Dunkers 4	
Bossy Babes 16, Maryville Bombers 14	

Playoffs	
Maryville Bombers	9-0

5th-6th Grade Girls	
Magie	8-0
Purple Puppies	6-2
Dynamics	4-4
Tigers	2-6
Shop Shooters	0-6
Scores	
Magic 12, Purple Puppies 8	
High scorers: Kelly Siegler (8 pts.)	
Christine Winters (8)	

Playoffs	
Tigers 12, Sharp Shooters 11	
High scorers: Dory Farmer (6)	
Julia Legate (6)	

3rd-4th Grade Boys	
Rockies	9-0
Orangemen	4-5
Rebounders	3-6
Blackhawks	2-7
Scores	
Orangemen 24, Blackhawks 22	
Rockies 48, Orangemen 26	
Blackhawks 23, Rebounders 22	

Playoffs	
Blackhawks 37, Orangemen 18	
High scorer: John Vasileff (14)	

Rookies 54, Rebounders 9	
High scorer: Robby Steen (23)	

6th-8th Grade Boys	
Sharks	10-0
Shark Devils	4-6
Raiders	4-6
Panthers	4-6
Shooting Stars	4-6
Scores	0-10

Playoffs	
Blue Devils 28, Raiders 27	
High scorer: Steve DeModlin (12)	
Magie 44, Bricklayers 31	
High scorers: Justin Stone (18)	
Kevin Elliott (15)	
Tar Heels 74, Blue Devils 33	
High scorers: Matt Pistorius (31)	
Larry Monroe (8)	

7th-8th Grade Boys	
Bulls	6-0
Magic	5-1
Tar Heels	3-3
Scores	0-6
Bricklayers	1-5
Blue Devils	0-6

Playoffs	
Bulls 53, Bricklayers 49	
High scorer: Andy Ronk (16)	
Kevin Elliott (21)	
Bulls 68, Blue Devils 13	
High scorers: Tony Komoromi (17)	
Ryan Davis (12)	

Playoffs	
Slam 38, Tar Heels 37	
High scorers: Josh Miller (21)	
Matt Pistorius (25)	

## •Seibel

(Continued from Page 18)

much more success to cast into the wind and retrieve with it — but I'd like to do that successfully. I like to fish, not pick out backlashes.

The lure will float on the water's surface. Cast it enough times to get the line wet and to pull the lure under the surface. Then, with the rod tip pointed generally toward the line, snap or rip the rod sharply to the right or left of the lure and return the rod tip to the original position as you reel up the slack line.

After two or three rips, the lure will be running at its maximum depth for the brand and style you've selected. You'll set the reel to the right, but you start your next rip — a black bass, a big white or hybrid bass, even a striped if they've been stocked in the lake — be fishing. Wall eye also have been known to slam these lures.

Using this technique all day will wear you out. It becomes almost work, but almost because catching four-pound, five-pound and even bigger bass can never really rank as work.

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## FAMILY

## Thirty attend Travelers Abroad dinner meeting for lecture on China

Thirty members and guests attended the Travelers Abroad dinner meeting at Jerry's Cafeteria on Feb. 27, wanting to learn more about traveling in China. Dr. Alice Purdes, president, welcomed the group. The following guests were introduced: Dr. and Mrs. John D. Josephine Beatty, Mr. and Mrs. George Vasiloff and Paul Hopper, whose home is in the U.S. Virgin Islands.

Attendees prizes of dinners for two at Jerry's were won by Mary Louise Swart and Claire Skinner.

Purdes introduced Audrey DeLay, a Granite City High School student, who spoke on her three-week trip to China last summer. At age 16, through the People-to-People Student Ambassador program, DeLay presented each person with a ball-point pen from the ambassador program. More than 100 schools and temples from throughout the United States participated in this trip.

In an informal setting, DeLay talked, allowed questions and presented a moral teenager from the United States to good and bad. Among the cities visited were Beijing, Wuxi, Jinan, Hong Kong, Qufu and Shanghai. There was a one-day, one-night home stay for

each student in a more rural area.

In Dr. D. Josephine's opinion, "nothing" she said it had no kitchen, water was carried in from outside for washing and flushing and there were no curtains. Her bed consisted of a hard mattress with a very thin piece of foam on which to lay. It was very uncomfortable, but, if one had back trouble, she said it might be pretty good.

DeLay's special souvenir was a red silk kimono decorated with gold figures that both she and Purdes modeled. In Chinese money, it cost about 200 renminbi, which is between \$20 and \$30 in American money. In 1993, China abolished the laws whereby visitors had to use one kind of money and the Chinese people another kind. Now, everyone exchanges his foreign currency for what is "real" Chinese money to spend.

Another souvenir, acquired in a temple, was a set of musical balls which one shatters gently. They are used during the starting of babies or when someone is on his death bed, as well as during marriage ceremonies — all on the assumption that the sound will drive out all the evil spirits. Another souvenir

was acquired during a trip through a shoe factory; the sole was carved with scenes of the Great Wall and surroundings.

DeLay's impression of the Great Wall was that it is difficult to walk upon because of the uneven stones and worn ridges. Persons who have been there know that when walking on it near Beijing, there is an easy walk and a difficult walk. DeLay chose the difficult walk.

Most of the food did not rate very high with the speaker because it was so different from what an American teenager enjoys. She was shocked to see fish served with the head and tail still on. Rice even did not nearly every meal was just too much. Soup containing the chicken's head was something else.

She was amazed at the hordes of balls and the fact that there were specific bicycle lanes. Many areas did not have sufficient lights at night. Hand-directed traffic, which she demonstrated, also was different.

DeLay enjoyed the temples in Shanghai with their statues and thought the panda bears at the Beijing Zoo were

attractive.

There were a lot of children everywhere. She was surprised to see the manner in which young children, until about age two, are dressed in that their lower clothes are slit, thereby eliminating the need for diapers.

One of the cities she visited is known as the "7-Arts City." Among the arts the group enjoyed were the disco, featuring music with words; the Dance Studio and the Flower Garden, which featured all types of flowers with many being trimmed in various shapes. She also enjoyed the Chinese aerobats.

Some of the group's travel was by rail and DeLay said they had compartments with four bunk beds. This would be the "soft" class. The "hard" class has six bunks to a section comprised of two tiers of three bunks each and no door on the compartment.

DeLay learned on the visit to Qufu, which is south of Jinan, that it is the birthplace of Confucius. The city remains a mecca for his followers. The temple grounds have nine courtyards lined by more than 400 buildings. This area is considered to be one of the three

outstanding creations of ancient Chinese architecture.

The audience was reminded by DeLay that on July 1, 1997, Hong Kong will be returned to China. It has been a British Crown Colony since 1841 and is a leading financial and trade center; there are branches of more than 100 international banks on the island.

In closing, DeLay told the audience that the group picked up at the airport, her first request was for a pizza for it had been three weeks since she had had one.

Persons attending not previously mentioned were Marguerite Lexow, Dorothy Hoedebeck, James Hayes, Eunice and Judene Hatchett, Mary Evans, Carol Goss, Shirley Johnson and Gordon Hankla, Betty Duff, Nina Dittman, Lillian Delp, Frieda Burdorf, Helen Liley, Marge O'Neill, Marlott Schocker, Isabella Southwick, Stan Starns, Larry Rinehart, Betty Townsend and Barbara Williams.

A new member, Larry Rinehart, will present the March 27 program entitled "Ports of Call in the Mediterranean."

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■ MEDICARE UPDATE '95, Tuesday, April 11, 2-3:30 p.m., Senior VIP-sponsored free dialogue. Presented by Connie Heinle of Blue Cross Blue Shield of Illinois. To register for this free program, call extension 1575.

■ 12-WEEK RIGHT WEIGH (Weight Control) for Adults, April 11 - June 27, Tuesdays, 7-8 p.m. Small classes—no special food or supplements to buy. Fee includes manual, body fat composition analysis, recipes, group support, and more. For details or to register call extension 1156.

■ HEART HEALTHY SCREENING, Friday, April 21, 10 a.m.-noon, Caseyville Senior Center, Cholesterol, Diabetes and Blood Pressure Check \$8. By appointment only. Sponsors: St. Elizabeth's Hospital, Belleville Area College's PSOP, and St. Clair County Health Department. Register by April 19 - call 398-4104 between 9 a.m. and 1 p.m.

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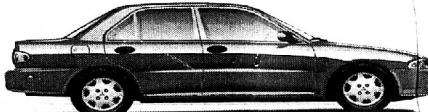
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## ENTERTAINMENT

## Horoscope

**Wednesday, March 22**  
Those who take time with true friends have unusually good experiences — those who work with trusted associates are boosted and protected by the secure bonds of mutual respect as well as by shared interests and goals. You can work on projects — digging for data, you come up with valuable nuggets. Doctors make brilliant diagnoses — detectives locate missing persons.

**ARIES (March 21-April 19).** Extend yourself to help friends or the team — leadership comes by being known. You're the senior member of a project at work. Freedom means more than contentment now — exercise away restlessness.

**TAURUS (April 20-May 19).** Your money picture is good —



be as tedious as you feared, so dig in. Make lists, agendas and assignments with professionals. Ask your boss about complications that you find in instructions.

**CANCER (June 22-July 22).** Even as you look more deeply into the details of joint deals and mutual holdings, be cheerful about the future. Fine print is where the luck lies now. And a family secret may bring gains to you!

**LEO (July 23-Aug. 22).** A creative project holds the key to the future now, so don't get rattled, but set the example for those around you. Troubleshoot and examine options — use a holistic approach to problem-solving.

**VIRGO (Aug. 23-Sept. 22).** Enjoy many ways. Virgos hold the key to the future now, so don't get rattled, but set the example for those around you. Troubleshoot and examine options — use a holistic approach to problem-solving.

**SAGITTARIUS (Nov. 22-Dec. 21).** You're in the zone of your birthright, so do what you have confidence in — and, then, be sure to spread it around. If you are tempted to work too hard, remember that you have another work day ahead tomorrow.

**PISCES (Feb. 19-March 20).** Roaring along through the work at hand, you're efficient and authoritative. Taking time out to listen to even the pettiest complaints of family members or co-workers saves much time in the long run!

## Vickers brings order to 'Tonight Show'

The queen is gone. Long live the queen. Once upon a time, about two years ago, Helen at a turnabout in her career as executive producer of "The Tonight Show with Jay Leno" came to an abrupt, messy end.

Tales of Kushnick's untrammelled wimpish tactics involving guest bookings had marred the debut of Johnny Carson's successor. When she was fired in September 1993, Kushnick brought several drivers behind her of the male-dominated late-night club.

But there's still a tough-minded woman on the scene and in Lenos' corner: Debbie Vickers, who was promoted to Number One from "Tonight" producer to executive producer — her de facto job since Kushnick left.

Vickers, however, is a practitioner of the sweet-glove school of motivation. That's clearly a welcome relief to Leno, generally tagged as Mr. Nice Talk Show Host, and the "Tonight Show" star.

It's also helped the NBC late-night show find its footing against CBS' "Late Show with David Letterman," which continues to lead in the ratings with smaller margins than it initially enjoyed.

"Debbie communicates the way I like to communicate," says Leno. "She's got great orders. I like to say, 'Who thinks it would be a good idea to do this?'"

"I've worked with people who yell and scream and then their work at all. It's not a comfortable situation," he said, an oblique reference to Kushnick, whom he's never publicly blamed for the mess.

Chatting in Vickers' office at NBC a few hours before a show taping, Leno was framed by a bouquet of pink tulips grand enough to inspire a melody — his Valentine's Day gift to her.

The gesture seemed appropriate. Earlier, Vickers had half-jokingly described her relationship with Leno in romantic terms.

"We are like a bad married

couple. We bicker all day and there's no sex," said Vickers, who is slender, casually dressed and has a bright smile and never enough to spare.

She nags him about his weight and diet. She forces him to work out with her personal trainer. She cuts off the long, flowing hair Leno relishes. "He'll argue forever if he has the stamina of eight bulls" — about sketches and comic bits for the show.

Vickers' skin to the bone, she's issuing orders regarding a guest, new Spanish-voiced cover babe Daniela Pestova.

"She needs to dress in a sexy way. If not, somebody has need to thread and to hemming. One more model in a long dress," she says, warning in her tone.

This is strictly behind-the-scenes management. Unlike Carson, executive producer Fred Gordan and Letterman, Robert Morton (Marty, as Dave calls him), Vickers adamantly refuses to play on-camera foil to her boss.

"I have a really good relationship with Jay off-camera, and people have said to us you really need to do this on the air," Vickers says. "But I am so camera-shy. As soon as the camera goes

on me, I freak. "I've even gone like this to the cameraman" — here, she makes a gesture generally not seen on television — "so they can't take my picture."

Leno takes mishap delight in her discomfort but doesn't force the issue. "She's a natural, and she doesn't regret not showing her rare status as a woman running a late-night show."

Working during the Carson era, when competition was virtually nonexistent, was "heaven," recalls Vickers. Then she corrects the memory.

"I shouldn't have said it was great, because we beat ourselves up there every five minutes, too," she says.

Vickers acknowledges that Lenos' world welcome a little more visibility for his enlightened hiring: Women fill other top "Tonight" positions, including producer and director.

His support was crucial to her getting the job, Vickers says. And, she adds, there's someone else who figured in her ascension.

"Helen, in all fairness, Helen was a talented supervisor on the old show ('Carson's Tonight'), she said to me 'Come on, produce our product.' And she knew I would bust my butt for her."

Vickers, in essence, a "Tonight Show" baby. After starting as a page with NBC fresh out of college (the University of Kansas in her native

state), and then working on "Tomorrow" with Tom Snyder, she moved to "Tonight" as a talent coordinator in the early 1980s.

It was "Tonight" producer Peter Lassally who gave Lettermans' production team with Morton, who got her the job.

Working during the Carson era, when competition was virtually nonexistent, was "heaven," recalls Vickers. Then she corrects the memory.

"I shouldn't have said it was great, because we beat ourselves up there every five minutes, too," she says.

"There was pressure because you never wanted to disappoint John. He wasn't demanding and knew you were working for the best and you had to do your best."

Now she's the woman in charge. She loves her job, but it's not the kind of success you can run and savor, Vickers says. No tulip-pink colored glasses for her.

"I dress the same. I live in the same house, drive the same car. I just have more people yelling at me."

— Associated Press

## Deal for DreamWorks to be worth \$900 million

DreamWorks, the entertainment concern recently formed by Steven Spielberg, David Geffen and Jeffrey Katzenberg, is concluding a one-third stake for \$300 million, published reports say.

Among those reportedly being courted about buying a stake in the new media television and record business are Paul Allen, a reputed billionaire who helped found Microsoft Corp., and the California Public Employees Retirement System.

The talks were reported in Friday's editions of Daily Variety and Monday's editions of The Wall Street Journal and the New York Times. The papers did not name their sources.

A call to a publicist for DreamWorks was not immediately returned, nor was a call to the California pension fund.

A spokesman for Allen declined comment.

DreamWorks was formed last year by the entertainment executives.

The stories said DreamWorks is also negotiating to borrow another \$1 billion from a bank to give it working capital of \$2 billion.

— Associated Press

Its creation attracted unusual

attention because of their credentials — Geffen built his own records business, while Spielberg has been involved in some of the biggest movies of all time like "Jurassic Park" and Katzenberg was a highly regarded top executive at The Walt Disney Co.

The Times said Allen and Geffen are expected to be joined by a major entertainment company that would probably get the rights to distribute DreamWorks films, TV shows and music records outside the United States.

The stories said DreamWorks is also negotiating to borrow another \$1 billion from a bank to give it working capital of \$2 billion.

— Associated Press

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Don't trust an all-gummy bear diet, a get-quick-rich scheme involving llamas and, above all else, anything on a movie screen.

Hold on, it's always been a town fueled by make-believe, but what's unbelievable is how far the fantasists have come. Even what seems "real" in a movie these days is scattering flock of birds, a fluttering moth or a computer-crafted substitute.

The technology has come so far the Academy of Motion Pictures Arts and Sciences has granted honored status to its visual effects members — the first new branch in 42 years.

Three of 1994's most popular live-action films — "Forrest Gump," "The Mask" and "True Lies" — showcased special effects considered impossible a few years ago. The visual effects teams from all three films are nominated for Academy Awards, and a look at their work offers a rare peek at the tricks of the trade.

The most eye-catching effects in "Forrest Gump" are the most self-evident. Gump, from the time he's meeting Presidents Kennedy, Johnson and Nixon. "But in a big way, the success of 'Forrest Gump' is in the less-obvious effects. The technical aspects of a third of what the movie is about," says George Murphy, part of the Oscar-nominated visual effects team.

Take the scene early in the film in which Forrest and Jenny hide from her father in a corn field. As the camera pulls back, a flock of birds takes off toward the horizon. It's a single-camera shot — except it never happened.

Director Robert Zemeckis tried to use real doves, but they refused to follow his guidance (see if they ever do that in this town again). Industrial Light and Magic's visual specialists subsequently created a single dove on a computer, digitally copying it to make three dozen.

"The whole goal of every effects guy is to make it convincing so well the audience is confused," says "True Lies'" visual effects supervisor John Bruno, an Oscar-winner nominated for the third year in a row for his full-throttle action film starring Arnold Schwarzenegger.

"True Lies" used almost every special effects quiver.

Although the story is patently ridiculous, that's what makes the work unless it looked on if Schwarzenegger really was piloting a Harrier jet, blowing up a bridge and writing off skyscrapers.

"We tried to make the realism way beyond anything we thought we could do," Bruno says.

"True Lies'" director Jim Cameron is on a single-table shot in which a character named Harriet Tasker climbs into a Harrier jet (which can take off vertically) and takes flight. There would be no room for a quick cut to splice in a real jet and pilot.

"I had to be absolutely seamless so you don't say, 'Oh, that's fake.' And you're taken out of the movie," Bruno says.

So Bruno's crews built a full-sized jet mockup, rigged by cables to giant hydraulic pistons, then

climbed in, and the crane lifted the plane by the cables into the air.

Special effects house Digital

The binary birds were animated, then laid over the shot of Forrest and Jenny, forming a "digital composite" image.

Audiences may say, "How'd they do that?" about the effects, but most don't notice this deceit. All looks genuine. "It would have been the hardest effect several years ago, and it was causal," says Murphy. "It's a computer-crafted substitute."

Forrest excels at ping-pong, even though Hanks didn't hit a ball on camera. Swinging in rhythm to a rapid-fire metronome, Hanks' computerized ball bounces. ILM added a blurred ball later. The Chinese flags in one ping-pong scene were inadvertently hung upside down, and they were painted right side up through a special effect (called a rotoscope) that cut the stars out of the flag and flipped them.

There are dozens of other effects audiences don't need to know about. The actor playing young Gump couldn't run well, so in one sprint the actor's face was superimposed on a more athletic stand-in's body. The film's signature feather was guided by a fishing line that was electronically painted out of every frame.

The archive "Forrest Gump" effects can't help but call attention to themselves. That would be a disaster, however, for the effects on "True Lies."

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Special effects house Digital

Domain then made sure all signs of the cables were removed electronically. Bruno separately filmed swirling dust, newspapers and jet engine exhaust and heat flares. Up to 10 layers of computer effects, including swinging turbine engines, were added to the original image.

All of a sudden, Schwarzenegger's pilot. Says Bruno: "We're not the only seven dwarfs."

In another scene, a real pilot and a real Harrier jet were fired flying into Miami. Technicians isolated that helmet clad pilot, and with the high-speed editing, an eyeshot sees dislodged him from the plane. A Schwarzenegger stunt double, in T-shirt and without helmet, was put in the pilot's place.

The film features a high-tech blend of animation, live action and special effects. When character Stanley Ipkiss dons a wooden mask, he is transformed into a hairy, bulbous, cleft-chinned dervish. Because the movie's makers had a limited budget, they were forced to make a little go a long way and make their effects stand out.

"The effects were never meant to be hidden," said Scott Squires, nominated with "The Mask" visual effects team.

Many of the people who worked on "The Mask" were coming off "Jurassic Park." In the latter film, they were trying to make the famous Tyrannosaurus Rex look real. The equation was reversed in "The Mask." Here the goal was to make the real — actor Jim Carrey — look fanciful.

"A lot of us in Hollywood want to do something new and different, both creatively and technically. You want to push the limits each time," Squires says. Carrey's mask was an elaborate prosthetic, and computer graphics were added the popping eyeballs and long tongue. It was wild, but in the film's universe, within reason.

"I was asked, 'Can we make it look like a moth?' and made to do it. I could look grotesque. Eyes bulging and a tongue rolling out could look like a horror film," Squires says.

Even with expensive computers and cutting-edge software, some of the best ideas in "The Mask" came from ordinary places. To animate Carrey's high-speed spins, animators put a G.I. Joe doll in an electric drill, dressed the doll in a yellow suit, and squeezed the trigger. They didn't use the spinning G.I. Joe as a usable reference in the real world.

Sometime, though, the real world won't good enough. An ear worm insistently plays in the desire to Ipkiss to find nothing in his pocket but a moth. Alas, the moth was born in a computer.

\*\*\*  
**TRAILERS:** Mel Brooks will direct Leslie Nielsen in "Dracula, Dead and Loving It." The comedy starts where Bela Lugosi left off.

— Associated Press

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## FAMILY



**Fifth generation** — Seated, from left to right, are, first-time great-great-grandmother Ruby M. Wallace, great-grandmother Dolores Biggs, grandmother Alice Smith and father David Wayne Smith, holding fifth-generation baby David Wayne Smith Jr., who was born Jan. 3, 1995. All are residents of Granite City. The fifth generation was created again one month later with the birth of Courtney Paige Smith, who was born to Jason Lee Smith and Chassidi Martin, also of Granite City.

### Local Eagles Auxiliary 1126 holds reception

Members of the Granite City Eagles Auxiliary 1126 attended the reception for Iris McDermott, grand madam president, at the Alton 25th home on March 11. Anna Pates, auxiliary 1126 president, presented McDermott with an apron depicting her slogan of "What's Cookin' at the Eagles" and Martha Howlett, Alton Auxiliary president, with an apron following the dinner.

The room was decorated and the centerpiece was an eagle ice sculpture. Cake and coffee was served.

Others attending from the Granite City Auxiliary were Dorothy Robles, Madge Hall, Helen Lipchik, Joanna Spencer, Mildred Boyd, Rosie Piechocinski, Del Deloney, Katie Kostoff, Vera Johnson, Millie Weatherford, Dorothy Landried, Flo Stokes, Florence "Fuzz" Hagnauer, Vincine Zerian, Ann Pates and Martha Simpson.

Photos were taken with all the Granite City members wearing flower-decorated aprons in McDermott's honor.

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### Christian honored

Laura Lynn Christian of Granite City, daughter of Larry and Carol Christian, an English major at Missouri Baptist College in St. Louis, received the President's Citation during an honors convocation at the school on March 9.

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## FAMILY

Granite City Journal-March 1, 1995-Page 11B

### Classmates' addresses sought for Granite City High School class of 1985 10-year reunion

The following are classmates whose addresses are still needed for the Granite City High School 10-year reunion of the Class of 1985. Address should be sent to: 1985 Reunion, 3278 Westchester Drive, Granite City, Ill. 62040.

E.C. Adams, Debra Allison, Curtis Arnold, Jack Arnold, Todd Arnold, Linda Arnold, Linda Baldwin, William Baldwin, Calvin Barton, Mary Bellovich, Paul Berry III, Brian Blackwell, Julie Blackwood, Cliff Bladick, Tim Bladick, Dawn Boatman, Kelly Boatman, Todd Boyer, Tim Boyer, Tommie Branham, Tim Brewer;

Karen Britz, Dawn Buck, Christy Burch, Karen Burnett, Sheri Buehr, Karen Buecker, Lisa Buh, Cordean Burnett, Kathryn Burns, Matthew Buttars, Larry Campbell, Victoria Carroll, Kathleen Carroll, Sheri Carroll, Vicki Conner, Jeffery Cox, Paul Cox, Patricia Craig, Mark Crider, Michael Crow, Gay Currier, Pamela Dallas;

Donna Davis, Paul Davis, Scott Davis, Robert Dienda, Kevin Doak, Jason Durrett, Martin Evans, Charles Farrell, John Frew, Pamela Gibson, Rhonda Goforth, Joann Gray, Mike Griffin, Bondi Grot, Linda Hargrave, Barbara Hannel, Brian Harris, Jeffrey Hartwick, Darrin Hasty, Donna Haug, Mike Held, James Hoffman;

Julie Hoffman, Roy Hogan II, Jeff Hogue, Sharon Holman, Scott

Holten, Ronald Hook, Shannon Hooper, Charles Hoppe, Joetta Horvath, Todd Huffstutter, Lois Hull, Angela Hunter, Patrick James, Amy Johnson, Christine James, Rich Judzakow, Steven Johnson, Tracy Johnson, Dennis Jones, Julie Jones, Lisa Jones;

Thomas Jordan, Daniel Jorgenson, Kristin Keulin, Joelle Kessler, Rhonda Kieffer, Trina Klinonen, Zehada Kinder, Angela King, Michael King, Darla Kingsey, Beth Kirkover, Johnny Kramer, Jeff Langston, David

Lewis, Diana Lewis, Victoria Lewis, Pamela Love, Diana Lowande, Thomas Lyons, Tim Mason, M.J. MacLaughlin, Candy McCaughan, Jessica McMillan, Vicki McMillian, Tim Macek, Glen March, Angela Martin, Cecil Martin, George Mathenia, Barb Mathews, Laura Mendoza, Tammy Meyer, G. Michael Michta, Rhonda Mikula, Craig Miles, Michael Millard, Dwayne Miller, Lori Mills, Pam Montgomery, Bryce Moore, David Moore, Stephen Moore;

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Matt Rowden, John Rutledge, Trisa Ryterski, Terry Salem, Kevin Scanlan, Vicki Schaefer, C.L. Schaffner, Bruce Senior

Betty Smart, Norman Smith, Oliver Smith, Soon Sin Song, Katherine Spiroff, Jeffery Stewart, Marlene Stout, Caryn Sullivan, Daniel Tamm, Vicki Tamm, Connie Tankesey, Jim Thebeau, Kim Thebeau, Stacy Thomas, M. Thompson, Janice Tipton, Phillip Toth, Karen Van Zant, Michael Van Zant, Vicki Van Zant, Dawn Wark, Kevin Walker, Carol Wells, Sandra Whitaker,

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# Today's Food

Wednesday, March 22, 1995

## Food & Nutrition

### Wise Ways

Calcium should balance with protein intake, so vegetarians can get by with less calcium. **INSIDE**

### Living Lean for Adults

Eating protein from healthful non-meat sources usually saves money. **INSIDE**

### Blue Ribbon Cook

Oranges, berries and spinach color the flavor of salad. **INSIDE**

### Private Label Test Run

Journal tasters use their noodle while testing packaged dinner mixes from Shop 'n Save. **INSIDE**

### Micro Raves

Spring seafood is as fresh as jonquils and daffodils. **INSIDE**

### Lively Taste

Tak: the slow boat when using packaged seasonings. For instance, if a taco or chili seasoning mix is used for stew or a casserole, add it by the teaspoonful and taste occasionally to see when your personal flavor barometer reaches its level of stability. Intensity always can be added, but usually cannot be erased.

## Health & Fitness

### Medicine Chest

Read reliability into a useful thermometer. **INSIDE**

### Fresh Picks

If that economical head of cabbage from St. Patrick's Day is languishing, jazz it up in creamy coleslaw. Shredded red cabbage can replace about one-fourth the usual amount of green cabbage. Shred carrot in large pieces or cut in julienne strips for more noticeable color. Finally, frame coleslaw by lining the bowl with lettuce or cabbage leaves.

### Big Fat Tip

Stretching meat gives old-fashioned flavor with a light attitude. For Country Cupboard Soup, brown 2 boneless pork chops (1/2 pound each), cut in 1/2-inch cubes, in 1 teaspoon oil. Add 1 cup thinly sliced carrot, 1 cup sliced potato, 1 envelope onion soup mix, 2 tablespoons sugar, 4 cups water, 1 can (28 ounces) tomatoes (crushed), 1/4 teaspoon crushed leaf oregano, dash of pepper sauce and ground black pepper to taste. Bring to boil. Simmer, covered, over low heat 30 minutes. Makes 6 servings, 169 calories and 4 g fat each.

### Future Shop

There are two sides to future flavor favorites. New ethnic cuisines like Thai, Indian, Caribbean and Near Eastern — are becoming more mainstream, while the comfort of old-fashioned vanilla is taking over the "feel-good" world of ice cream, cookies and even perfume.



Hearty pasta, a little cream and a flavorful tomato sauce puts rigatoni on the table with Italian pleasure in less than a half hour.

## CIAO...in minutes

By Janice Denham  
Staff writer

Whether chicken cacciatore, "pasaghetti" or fettuccine alfredo is on the menu, fuel the family fetish for Italian food. The wonderful world of pasta, risotto and bruschetta is easy to bring to the table.

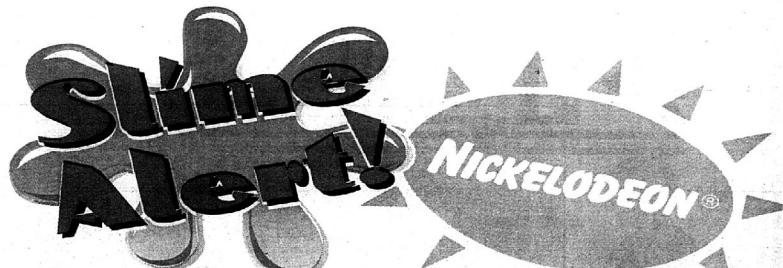
The trick is to combine fresh and ready-to-use ingredients. No cooking law says dinner becomes a labor of love only if it takes more than 30 minutes to

prepare.

Tomato sauce now comes with a wide assortment of flavors and additions. Use it as a starter. Do you like garlic? Pick one that has it. Giddy for garlic? Feel free to add more. Add chopped fresh vegetables for more "chunk" and flavor. Sprinkle with parmesan for "perk."

These recipes can be the start of something big.

SEE CIAO, INSIDE TODAY'S FOOD PAGE 2



Green slime will slither to St. Louis' Kiel Center April 8 with Nickelodeon's Family Double Dare Live Tour. As always, to be pie-washed or slimed will be divine!

To get in the mood for globs and gobs of gook and gak, simple recipes for favorite green slimy foods can be sent to Kids' Cuisine. One gooey green creation will glow as the winner of the Green Slime Contest. Pudding, gelatin, punch or other grand gastric ingredients could add up to a gushing success. This kid's entry should be simple and edible.

The winner and nine guests will receive a private Slime Time Party backstage before one of the two Nickelodeon Live performances and, of course, a chance with the rest of the audience to do outrageous games and stunts.

Send a recipe by March 30 to: Green Slime Contest, Kids' Cuisine, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

## Kids' Cuisine

# Today's Food

## Private Label Test Run



Packaged dry noodles and sauce is a handy item to keep on the shelf for a quick — even impressive — dinner.

## Saucy noodles make easy, versatile sides

*Suburban Journal* testers were ready to turn their tasting into a lunch when they checked out Shop 'n Save's parmesan noodles and sauce and alfredo noodles and sauce mixes.

They are two of the four that stand head-to-head with national brand flavors. Others are chicken-flavor and butter noodles in a creamy sauce. Each package costs 99 cents.

The packets give directions for stovetop and microwave cooking, as well as for use in the dish without added fat. They both were cooked in a microwave oven for handy testing, plus the alfredo dish was made with  $\frac{1}{2}$  cup low-fat milk and  $\frac{1}{2}$  cups water, instead of margarine and all milk.

"These flavors are hard to pass up," one taster said.

The parmesan noodles and sauce in the Shop 'n Save brand was admitted because it was colorful with both spinach and egg noodles and small spice flecks.

"This one is gorgeous," a taster said. "It would work even if you want something quick and a little more impromptu-looking."

They all commented on the ease of preparation. One would add tuna for a casserole, another suggested adding leftover ham after Easter for a delicious, quick meal dish.

"All it would take with that is to add a vegetable. It would be nice and easy to round it out," another added.

Testers accustomed to checking nutrition of foods that tested out this packaging was a case where the new food labels gave a fair representation.

"This says it would serve

two, which is a nice realistic serving, even generous as a side dish, better than the old skimpy amounts," one noted.

Several testers use this type of product. One liked the flavor of the products better than her usual pattern of combining a can of soup with a bag of noodles. Another thought it compared favorably with her choice of a creamy stroganoff product designed to be used with hamburger.

Interestingly, as the noodle dishes cooled after the tasting, the one made with more fat absorbed liquid faster and became dryer than the one made with water and low-fat milk.

Whether it was caused by that type of ingredients added or inconsistency in measuring could not be determined at a single testing.

Fish is a popular pre-Eastern specialty, associated with "giving up" meat. It actually is a smart, nutritious food choice which cooks excellently in a microwave oven.

Fish is actually steamed in a microwave, as it should be cooked only until the "meat" flakes easily with a fork. When done, it should be slightly opaque in color. Generally, this is about 5 minutes per pound.

When buying fresh fish, look for translucent flesh. Dried or milky color indicates age. The flesh of a whole or dressed fish should be firm and springy. Scales should be shiny. Gills should be reddish in color. Its eyes should be bulging, not sunken.

brownish color around the edges of frozen fish indicates it has been defrosted and refrozen.

Fresh fish should be used within 2 days, frozen within 2 weeks.

Fish can be cooked in a microwave without defrost-

## Micro Raves

By SANDRA HOUNSOM

## Land wise Lenten meals: Take aboard seafood

For some people spring and the Lenten season means "giving up" something. If that is your preference, give up the "extras," like dessert, but don't give up nutrition meals.

Fish is a popular pre-Eastern specialty, associated with "giving up" meat. It actually is a smart, nutritious food choice which cooks excellently in a microwave oven.

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Fresh fish should be used within 2 days, frozen within 2 weeks.

Fish can be cooked in a microwave without defrost-

ing. Place frozen filets in a glass baking dish. Sprinkle with herbs or salt-free spices. Lemon-flavored ones are excellent choices. Cover with plastic wrap. Microwave on high power 5 minutes per pound. Carefully remove plastic wrap and check fish for doneness as described.

People not readily enamored with eating seafood can plunge it into a little oil. In this recipe from "Microwave Cooking and Seafood," (Microwave Cooking Library Series, Cy DeCosse Inc., 1986), it is used in flavorful soup. Using different cooking levels in a microwave oven ensures the fish tender doneness.

Home economist Sandra Hounsom specializes in microwave cooking.

### FISH CHOWDER

2 cups water  
1/4 cup snipped fresh parsley  
1 tbsp. lemon juice  
1 tsp. instant chicken bouillon granules  
1/2 tsp. salt

### Medicine Chest

By REBECCA COLEY

## Choose a thermometer by use for accuracy

Most people put little thought into taking someone's temperature. However, where the temperature is taken on the body and what measuring device is used has a significant effect on the accuracy of the reading, as well as the safety of the individual.

Oral temperature is considered accurate and is the most popular method. Recently devices for checking temperature in the ear canal have made measuring fever in children simpler.

Temperatures are less accurate but relatively easy for small children. The least accurate method of assessing temperature is with a skin thermometer which can fail to detect fever.

Oral temperature is considered accurate and is the most popular method. Recently devices for checking temperature in the ear canal have made measuring fever in children simpler.

Purchasing the right type of thermometer is important because using the device improperly can be dangerous.

Popular mercury-in-glass thermometers are available. Registered pharmacist Rebecca Coley is assistant professor of pharmacy administration at the St. Louis College of Pharmacy.

## Wise Ways

By CYNTHIA FAUSER

## Eating less protein helps body hold onto its calcium

Osteoporosis is often called a "deficiency disease" because the brittle bone it causes have less so much calcium. However, low calcium intake is not the only factor. Genetics, hormones, inactivity, alcohol consumption, smoking and high protein intake also contribute to the problem.

Most people are unaware of the relationship between protein and calcium.

Calcium and phosphorus, which is found in meat, must be absorbed in equal proportions. That is, if calcium is to be absorbed, calcium intake must go up as protein intake increases.

This may be one reason

Western cultures that eat large amounts of meat have more hip fractures than other in the world, even though they consume twice as much calcium.

Vegetarians and near-vegetarians who use milk products usually do well in the calcium-retention department.

Vegans — those who abstain from any animal products — rely on dark green, leafy vegetables such as broccoli and kale, tofu and other soy foods, beans and whole grains for their calcium.

Do vegans meet the recommended daily allowances (RDAs) for calcium? No, but

the RDAs were designed for meat-eaters.

Vegans can get by with less calcium because their protein intake is lower.

It is not necessary to forgo all animal protein to benefit from the principle of protein calcium balance.

Just remember that by eating less animal protein than the typical American diet, the body does a better job of holding onto the calcium it needs.

Other calcium-wise tips are:

• Choose low-fat dairy products often. Add more green, leafy vegetables, beans, and include soy products like tofu

and tempeh.

• Limit carbonated soft drinks. Soft drinks are high in calcium-robbing phosphates and displace more nutritious choices.

• Make small changes such as greater levels of calcium.

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Other calcium-wise tips are:

• Choose low-fat dairy products often. Add more green, leafy vegetables, beans, and include soy products like tofu

and tempeh.

In large skillet, saute onion in hot oil 4 to 5 minutes. Add wine. Cook 1 minute.

Stir in tomatoes and juice, crumbled cooked pasta, olives and parmesan cheese. Toss well. Sprinkle with green onion.

Makes 4 servings.

Wine selections: Chenin blanc or white zinfandel.

### SAUTEED SHRIMP AND LEMON RISOTTO

1/4 cup (1/2 stick) butter  
2 tbsp. olive oil  
1/4 cup minced onion

package directions. Drain. Keep warm.

In large skillet, saute onion in hot oil 4 to 5 minutes. Add wine. Cook 1 minute.

Stir in tomatoes and juice, crumbled cooked pasta, olives and parmesan cheese. Toss well. Sprinkle with green onion.

Makes 4 servings.

Wine selections: Chenin blanc or gewurztraminer.

1/4 cup (1/2 stick) butter  
2 tbsp. olive oil  
1/4 cup minced onion

1 tbsp. grated lemon rind  
1/2 cups uncooked arborio or medium grain rice

4 cups chicken broth

2 tsp. lemon juice

1/4 tsp. salt

1/4 tsp. pepper

1/2 cup sliced ripe olives

8 oz. medium shrimp, peeled

Gremolata

In medium saucepan, melt

2 tablespoons butter. Add oil,

onion and lemon rind. Cook 3

minutes. Stir in rice. Cook 1

minute.

Add broth, lemon juice, salt and pepper. Cook, covered over

medium-low heat 30 to 35

minutes, stirring occasionally.

In medium skillet over

medium-high heat, melt

remaining 2 tablespoons butter. Cook shrimp, stirring occasionally, 3 to 4 minutes until done.

Serve shrimp over risotto.

Spinkle with Gremolata.

Gremolata: In small bowl, combine 1 teaspoon minced garlic, 1/4 teaspoon finely

chopped fresh parsley and 1

teaspoon grated lemon rind.

Wine selections: Chenin blanc or gewurztraminer.

### TOMATO BRUSCHETTA

1 can (14.5 oz.) chunky tomatoes with olive oil,

garlic and spices  
1/2 cup tomato paste  
1/4 cup sliced ripe olives

1/4 cup chopped onion

1 tbsp. lemon juice

1 tbsp. chopped fresh

parsley

1/4 tsp. minced garlic

1/8 tsp. salt

1/8 tsp. pepper

In large bowl, combine

tomatoes, tomato paste,

olives, onion, lemon juice,

parsley, garlic, salt and pep-

per.

Refrigerate, covered, over-

nights.

Serve with sliced French

bread, toasted, or bread

sticks, crackers or bagel

chips.

When a cold call for a warm fire, a sandwich and a meal into a meal of a night.

A satisfying put together in an evening meal that's easy to eat.

Here a portion in advance variety of breads, spicy hot sandwich preparation.

Spicy Tomato sandwich is a favorite easy meal that mixes and it also prime watching an ie.

PORK

2 to 3 lbs. boneless  
1 tbsp. cumin  
1 tbsp. chili  
1/2 tsp. coriander  
1 tsp. red pepper  
1/2 tsp. black pepper  
3/4 tsp. cinnamon  
3/4 tsp. brown sugar  
1/2 tsp. salt

TURKEY MUFFINS

1/4 cup Italian dressing  
1/4 cup dried cranberries  
1/4 cup toasted walnuts  
1/4 cup mayonnaise  
1/4 cup applesauce

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THRU

HILLSIDE SLICED COTTO SALAD  
HILLSIDE SLICED PICKLE LOAF  
SWIFT WAFER SLICED HARD SALAD  
WAFER SLICED TURNER BREAKFAST

30 LB BRYAN RIB TBL  
FARMLAND SUPER RIB TBL  
FARMLAND FROZEN MEAT SPARE RIBS  
FARMLAND FROZEN 2 LB & DOWN SPARE RIBS

10

FRESH PORK NECK  
FARMLAND SUPER RIB TBL  
FARMLAND FROZEN MEATY RIB  
HILLSIDE FARM CHEDDAR HOP

FULLY COOKED NATURAL CASING  
LADY LEE HOT SMOKED SALAMI  
APPLE BEET SLICED MEATY RIB  
FARMLAND SLICED MEATY RIB  
FARMLAND SLICED MEATY RIB  
1/2 & DOWN SPARE RIBS

KELLOGG'S RICE KRISPIES  
MRS. BUTTER'S PANCAKES  
MRS. BUTTER'S PANCAKES

PANCAKES  
MRS. BUTTER'S PANCAKES  
MRS. BUTTER'S PANCAKES

# Today's Food

## Competition is hot when dinner goes with movie

When a cool spring breeze calls for an evening with a warm fire, soup and sandwich and a hot flick, plug into a meal that matches the intensity of Academy Awards night.

A satisfying meal can be put together quickly to make an evening of movie-watching a pleasurable as the tony food that's with it.

Here a pork roast is cooked in advance for slicing on a variety of breads and rolls. A spicy hot spread gives a sandwich tang without lots of preparation or extra fat.

Spicy Tortilla Soup is another easy-to-make dish that mixes and heats quickly. It also primes the intensity of watching an adventure movie.

### PORK HEROES

2 to 3 lb. boneless pork roast  
1 tbsp. cumin  
1 tbsp. chili powder  
1/2 tsp. coriander  
1 tsp. red pepper  
1/2 tsp. black pepper  
3/4 tsp. cinnamon  
3/4 tsp. brown sugar  
1/2 tsp. salt

### TURKEY WALDORF MUFFINS

1/4 cup Italian salad dressing  
1/4 cup dried cherries or raisins  
1/4 cup toasted walnuts  
1/4 cup mayonnaise  
1 crisp apple, cored, thinly sliced

Preheat oven to 350°. Pat surfaces of pork roast dry with paper toweling. Blend cumin, chili powder, coriander, red and black pepper, cinnamon, brown sugar and salt well. Rub evenly over surface of pork.

Place roast in shallow pan. Roast in preheated oven 45 minutes to 1 hour until internal temperature measured with meat thermometer registers 155°.

Remove roast from oven. Let rest 10 minutes before slicing; temperature will rise about 5° upon resting. Let cool slightly.

To serve, cut cold pork roast in thin slices and portion about 2 ounces meat per sandwich.

Choose a favorite sandwich wrapper: Kaiser rolls, onion buns, rye bread or challah. Toppers can be sliced tomato, red onion, thinly sliced cucumber, spicy sprouts, lettuce leaves, green bell pepper rings or shredded carrots.

Offer no-fat spicy spreads of fruit chutney, spicy mustard, nonfat yogurt mixed with grated horseradish, bottled hot sauce or salsa. Makes 6 to 8 sandwiches.

4 English muffins, split, toasted  
8 oz. sliced turkey  
1 rib celery, thinly sliced  
Fresh sage, if desired

Combine salad dressing, cherries and walnuts.

Spread mayonnaise on toasted English muffin halves. Arrange turkey, apple and celery alternately on top. Spoon dressing mixture over top.

### SPICY TORTILLA SOUP

1/2 lb. lean ground pork  
1/2 cup chopped onion  
4 cups crushed canned tomatoes  
2 cups chicken broth  
1 jar (8 oz.) medium-hot salsa  
1 tsp. cumin  
1 tsp. chili powder  
1/2 tsp. salt  
1/2 tsp. garlic powder  
1/2 tsp. black pepper  
4 corn tortillas, cut in thin strips

In large sauceman over medium-high heat, brown pork and onion, stirring occasionally.

Add tomatoes, broth, salsa, cumin, chili powder, salt, garlic powder and pepper.

Simmer, covered, 20 minutes. Stir tortilla strips into soup.

Simmer 5 to 10 minutes longer until tortillas are soft enough to eat.

Makes 6 servings; 175 calories, 12 g protein, 6 g fat and 760 mg sodium each.

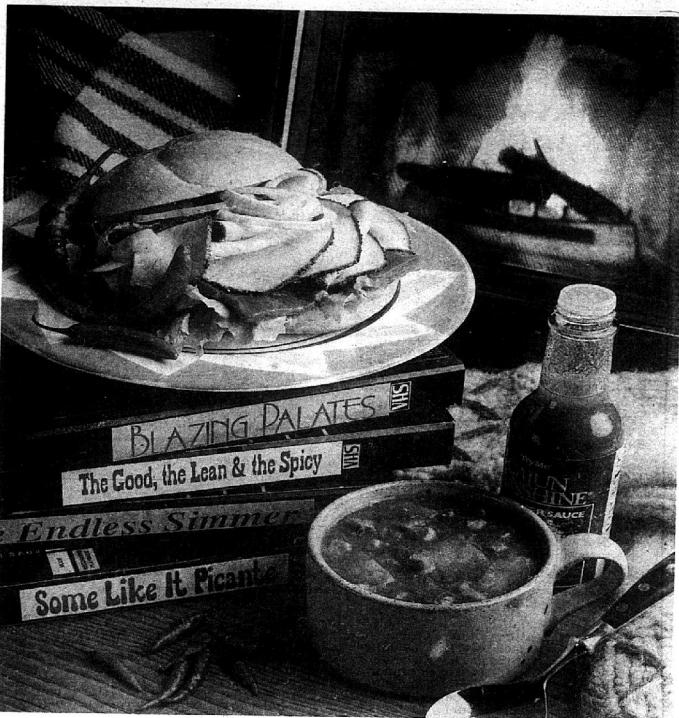
Garnish with fresh sage. Makes 4 sandwiches.

### The New Food Label

The new food label makes it easier to find out what's in the food you eat. Look for "Nutrition Facts" on the side or back of the package. This is how you know it's the new food label.

### Check It Out!

A public service of this publication and the U.S. Food and Drug Administration.



Nominated in the category of best meal that goes with a video are Pork Heroes and Spicy Tortilla Soup.

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LB.

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LB.

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LB.  
BONELESS CHARCOAL STEAKS \$1.89  
LB.

BONELESS ARM ROAST \$1.59  
LB.  
BONELESS BEEF STEW \$1.99  
LB.

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MEISTER BRAU REG. OR LIGHT BEER 12 PK. \$3.69  
MARK CHARCOAL STEAKHOUSE 20 LB. \$2.99  
BREADED COOKED CHICKEN NUGGETS 32 OZ. \$1.89

# Todays' Food

## Living Lean for Adults

By KITTY QUINN

## Lower-fat eating can put extra change in pocket

There is a spring in a healthy eater's step. It comes from two sources.

First, he loves the feel of more money jingling in his pocket. A recent Pennsylvania State University study on food found a family of four could save \$1,094 a year by choosing a heart-healthy eating style.

Second, he feels better because he is eating more energizing food. Meals built around complex carbohydrates—whole grains, foods like rice, pasta, cereals, and breads are loaded with them—give a body more steam for the daily routine.

An effort to emphasize rice and vegetables in stir-fry dishes, like casseroles like tuna-noodle casserole, pasta, enjoy freshly baked bread and breakfast on cereal and bagels instead of sausage and biscuits makes delicious use of the foods from grains that are low in fat and give energy.

It is five times more expensive than steaks. The cheapest sources of high-quality protein are canned tuna and egg whites.

Chicken is a perennial bar-

gain. The cheapest ground meat is ground turkey. Try it in sloppy joes, chili, spaghetti or Mexican dishes.

On the other hand, high-fat sausages like bologna, hot dogs and bacon are expensive protein sources.

Lean meat may be some-

thing costlier than fatty meats, but eating no more than six ounces of meat a day keeps the cost under control.

Using dried peas and beans not only lowers cholesterol but is a cheap source of protein. A nourishing country-style meal of a plate of beans with freshly baked cornbread can be delicious and low in fat wherever it is eaten. Spicy beans over rice makes a great Tex-Mex meal. For meatless meals, check out vegetarian or ethnic cookbooks for recipes using lentils, beans and peas.

The more processed a food, the higher its price. To save money, make dishes from scratch. It doesn't necessarily take a long time. Instant oatmeal costs 27 cents a serving, regular oatmeal just three cents. Make a quick or long-sim-

mering pot of vegetable soup. Cook extra main dishes to freeze for later cooking.

Stock up on lower-fat, high-priced foods like chicken breast meat, tenderloin when it is sale-priced. Separate into servings and freeze. Shopping at a discount market even once a month can save money.

Eating out is expensive and a person may not be as controlled in the amount of fat he or she eats. Even convenience foods are cheaper than restaurant meals. A turkey sandwich at a restaurant can cost up to \$6, while the same type of sandwich made at home runs about 50 cents.

Trying even a few of these tips translates into everyday budget savings.

For more information, request the brochure, "Save Food Dollars and Help Your Heart," from the American Heart Association. To receive a copy, call 45-HEART.

Registered dietitian Kitty Quinn is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

## FREEZE CHICKEN AFTER TWO DAYS

Chicken can be kept in the refrigerator in its original wrapping up to two days with-

out losing quality. For longer storage, freeze in heavy-duty aluminum foil or freezer bags.

WET...LEAKY...BASEMENT? WALLS CRACKED OR MOVING INWARD?

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Due to a problem with our supplier, some of our advertised chairs during the month of March are not available. Following is a list of chairs involved: Lincolnshire, Savannah, Imperial Club and Wing chairs, Dylan, Monticello, Fantasia, and Metropolitan. We regret the inconvenience and apologize to our customers.

For longer storage, freeze in heavy-duty aluminum foil or freezer bags.

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Signal Hill UM Church

W. Main to 95th,  
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Sat. March 25, 11-2pm

Chili-Salad-Dessert-Drink

Adults 3-12 yrs. 0-3

\$3.50 \$2.50 FREE

Don't feel  
like cooking  
tonight?

FEED UP TO 4 FOR

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See coupons inside  
today's Journal

**LEE'S**  
Famous Recipe Chicken

## QUILT SOCIAL

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Millstadt, IL

Sunday, March 26 1:00 p.m.  
Refreshments and refreshments  
Crafts, Baskets, and Bake Sale Stands

Bring Covers  
Doors open at 10:30 a.m.

Bring a canned Good and Receive a free  
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Hurry! Sales Ends April 3rd

**Munie** 234-8004  
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\*On Approved Credit. See Details for Details

Home-frozen whole chicken should be used within 12 months.

Chicken parts should be used in 2 months.



Hurry! Sales Ends April 3rd

**Munie** 234-8004  
2415 N. Illinois  
Swansea, IL

\*On Approved Credit. See Details for Details

## Fro trim

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## Recipe

### RED BEANS

1 pkg. (12 oz.)  
sausage, hot  
1 small onion,  
1 stalk celery,  
2 cloves garlic,  
2 tbsp. cornmeal,  
2 cups water  
2 cans (15 oz.)  
red kidney beans  
3 tbsp. chopped  
parsley or 1  
flakes  
1/4 tsp. ground  
Hot cooked

In large skill  
um-high heat,  
mildly celery,  
breakfast sausages  
and stir  
ately, about 10  
sausage is no longer  
Mix cornstarch  
uncooked. Add a  
mixture. Stir  
full boil. Red  
medium-low. Stir  
erred and stirring  
ly, 15 minutes or  
thickened.

Serve over rice  
garnish with c  
parsley or green  
Makes 6 servings

On Approved Credit. See Details for Details

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# Todays' Food

## Recipe

1 extra-ripe medium banana, peeled, puréed  
1 cup uncooked oats  
1/2 cup sugar  
1/2 cup flour  
2 tbsp. cocoa  
1/4 tsp. baking soda  
Pinch salt

### GIANT CHOCOLATE BANANA COOKIES

1 egg, lightly beaten  
6 tbsp. margarine, melted  
1/4 cup chopped almonds, toasted  
1/4 cup chocolate chips

In large bowl, combine oats, sugar, flour, cocoa,

baking soda and salt. Stir in banana, egg and margarine until well blended. Stir in almonds and chocolate chips.

Refrigerate, covered, 1 hour until slightly firm. Batter will run if baked immediately.

Preheat oven to 350°. Grease cookie sheets.

Drop dough by 1/4-cupful 3 inches apart on prepared cookie sheets. Flatten slightly with spatula.

Bake in preheated oven 15 to 17 minutes until slightly

browned around edge. Remove to wire rack to cool. Makes about eight (3-inch) cookies; 276 calories, 5 g protein, 15 g fat, 34 g carbohydrate, 144 mg sodium and 34 mg cholesterol each.

Some vanilla extracts produced in Mexico contain tonka beans, which have been found to contain coumarin, a flavoring ingredient banned in the U.S. several decades ago.

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TRADITIONAL STYLE BY LACROSSE, FLORAL COVER

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# Today's Food

## Working women's show sets Missouri beef menu

"New home cooking," the latest trend in food preparation techniques, will be demonstrated by the Missouri Beef Industry Council at the Working Women's Survival Show, March 24 to 26, at Ceremonies' Convention Center at America's Center in St. Louis.

For today's working woman, "new home cooking" — cooking from scratch in the most streamlined way — means learning how to combine meat and fix from a supermarket with fresh ingredients. It's a win-win situation: Preparation time is cut, yet healthy, delicious meals still come to the table.

Throughout the show, low-fat cooking techniques and recipes that can be prepared in 30 minutes or less will be demonstrated by noted area chefs, including Vince Bonmarie of Tony's Restaurant.

Here are some tips on cooking with beef, along with a recipe for "Easy Beef Pie." One of the 12 recipes that will be demonstrated throughout the show.

When shopping for beef, keep these tips in mind:

Cut: New farming and ranching techniques are enabling farmers to produce far leaner animals. Supermarkets help by trimming

fat much closer than they did in the '70s and '80s. While all cuts of meat are leaner today, certain cuts are leaner than others. The words "round" and "loin" indicate less fat.

Grade: U.S. Department of Agriculture's designation of "Select" contains the least amount of beef marbling — marbling equals fat — while the second leanest grade is "choice."

Trim: Trim all external fat to remove marbling. Fat and cholesterol significantly Trim beef before cooking to keep fat from "migrating" into meat during cooking.

Preparation: Select a low-fat cooking method, such as broiling, grilling, roasting on a rack, microwaving or sautéing with very little oil.

Portion size: A three-ounce serving of beef is similar to the size of a deck of cards or the palm of a woman's hand.

For a three-ounce cooked serving, start with about four ounces uncooked meat.

Working Women's Survival Show tickets will be on sale at the door.

Advance tickets can be bought at National Supermarkets for \$5.50.

AAA members receive \$1 off an adult admission by showing a AAA card at the door.

Children under 6 are admitted free, with child care facilities at no extra charge.

Free shuttle buses are available from Laclede's Landing and Arch parking every five minutes.

### MAKE-IT-EASY BEEF POT PIE

1 lb. boneless beef top sirloin steak, cut  $\frac{1}{4}$  inch thick  
1 tbsp. oil  
1/2 lb. small mushrooms, quartered  
1 medium onion, sliced  
1 clove garlic, crushed  
1/4 cup water  
1 jar (12 oz.) beef gravy  
1 pkg. (10 oz.) frozen peas and carrots  
1 can (14 1/2 oz.) refrigerated buttermilk biscuits

Preheat oven to 400°.

Trim fat from steak. Cut steak lengthwise in half, then crosswise in  $\frac{1}{4}$ -inch-thick

strips. In large ovenproof skillet, heat oil over medium-high heat until hot.

Stir-fry beef, half at a time, 1 to 2 minutes until outside surface is no longer pink.

Do not overcook. Remove from skillet with slotted spoon.

In same skillet, cook mushrooms, onion, garlic and water. Cook and stir 3 minutes or until onion is tender.

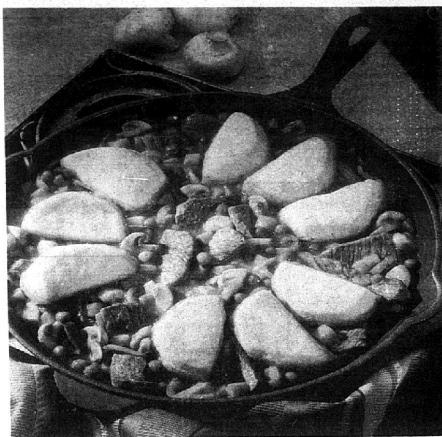
Stir in gravy, vegetables and thyme. Bring to boil. Remove from heat. Stir in reserved beef.

Cut biscuits in half. Arrange in ring on top of beef mixture.

Bake in preheated oven 12 to 14 minutes until biscuit topping is golden brown.

Tip: If skillet is not ovenproof, transfer beef mixture to 9-inch square baking pan, top with biscuits and bake as directed.

Makes 6 servings; 253 calories, 9 g fat, (31 percent calories from fat), 23 g protein, 21 g carbohydrate, 52 mg cholesterol and 576 mg sodium each.



Streamline old-fashioned beef pot pie with lean and tender beef sirloin, quick-cooking vegetables and a refrigerated biscuit topping.

### Recipe

#### FRUIT SALAD A LA PALETTE

Lemon Poppy Seed Dressing  
Butter lettuce leaves  
1/2 small honeydew melon, peeled, sliced, crosswise  
3 medium white or red grapefruit, peeled, sliced, crosswise about  $\frac{1}{4}$  inch thick, each slice halved

2 oranges, peeled, segmented  
1 ripe papaya, peeled, seeded, sliced  
On 4 or 5 individual plates, arrange lettuce. Divide melon, grapefruit, orange and papaya evenly among plates, arranging pieces attractively.

Lemon Poppy Seed Dressing: In small bowl, combine 1/2 cup plain low-fat yogurt, 1 tablespoon fresh lemon juice, 1 tablespoon honey and  $\frac{1}{4}$  teaspoon poppy seeds.

#### Spring's Coming Specials

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Major changes in your life such as the loss of a loved one, retirement from a lifelong career, distancing of family members, or just plain boredom and loneliness -- any or all of these can make your life difficult to bear. But you don't need to let these feelings overwhelm you.

#### PROGRAM

Memorial's Senior Adult Group Program offers a positive approach in a supportive environment for you to share problems and find solutions. This program offers education, emotional and spiritual encouragement to help you improve the quality of your life.

#### DATE, TIME AND PLACE

Begins Monday, March 27, 1995 and will meet Mondays and Thursdays.

9 to 11 a.m.

Memorial's Mental Health and Counseling Services Outpatient facility - located northeast of Memorial's Main Entrance.

Don't let the challenges of growing older erode your peace of mind, call Memorial's Mental Health and Counseling Services Information Line at

**233-6700**

24 hours a day, seven days a week for more information or an assessment.

### Can we have a heart to heart?

Come to Women's Heart Check Day  
and find out how healthy your heart really is.

Heart disease, surprisingly, is one of the leading causes of death among women. In fact, every two minutes one woman dies of heart disease.

Fortunately, there is something you can do to guard yourself against heart disease -- prevention through early detection. That's why, as a special community service, Memorial will hold a Women's Heart Check Day. For just \$25, you will receive a complete heart screening to help you identify your coronary risk factors.

#### The screening includes:

- A complete lipid profile total blood cholesterol, LDL and HDL cholesterol, triglyceride level and a coronary risk report (12-hour fast required)
- Blood pressure
- Height/Weight
- Baseline EKG

DATE, TIME, PLACE  
Saturday, April 1, 1995  
7:30 to 11:30 a.m.  
Memorial's Outpatient Surgery Center

**FEE:**  
\$25.00

#### INFORMATION:

Pre-registration is required.  
Reservations can be made by calling  
Memorial's Community Relations  
Department at (618) 257-5649.

By having this screening, you've made a smart move toward learning how healthy your heart really is.



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# Today's Food

## Blue Ribbon Cook

### Fresh fruit, spinach make winning salad

Beverly Joseph, Florissant, is the winner of this week's recipe contest for Strawberry-Mandarin Orange-Spinach Salad. For it she wins a prize of dinner certificates from Pasta House Co.

Unlike many spinach salads that use higher-fat ingredients, this fruity salad is a delicious flavor mix that is easy to prepare and even easier to eat. Joseph found it a requested favorite of the staff at a child development center where she cooked.

Recipes in this month's Spring Fruit and Veggie Recipe Contest will be accepted through March 31 for consideration as winner each week in April. Recipe suggestions include use of fresh, crisp, ripe peaches, strawberries, radishes, peas, spinach and others that dominate spring produce.

One recipe per household can be sent to Spring Fruit and Veggie Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's

source. Include the name of the Journal you receive.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entries. No compensation will be given with the rules. Contest winners may enter again six months after the prize-winning publication date.

#### STRAWBERRY-MANDARIN ORANGE-SPINACH SALAD

2 bunches spinach, well washed, dried  
1 pt. strawberries, sliced  
2 cans (10 oz. each) mandarin oranges  
1/2 cup sugar  
2 tbsp. sesame seeds  
1/2 tsp. poppy seeds  
1/2 tsp. minced onion  
1/4 tsp. Worcestershire sauce  
1/4 tsp. paprika  
1/2 cup oil  
1/4 cup cider vinegar

In blender or food processor, blend sugar, sesame seeds, poppy seeds, onion, Worcestershire sauce, paprika, oil and vinegar 2 minutes.

When ready to serve, pour over spinach, berries and oranges.

### Rice and noodles mingle with super-duper soups

Rice and pasta are standard fare in most homes today. In the time it cooks, other dishes can be ready to make a meal.

Letting it absorb flavor along with moisture is the procedure for Souper Rice. Regular long grain rice takes about 20 minutes to cook once it comes to a boil with a can of soup and extra water. In Chicken-Noodle Parmesan, noodles can be cooked ahead of time or while other ingredients are prepared. Actual heating time is about 10 minutes.

#### CHICKEN-NOODLE PARMESAN

1 can (10 1/2 oz.) cream of chicken and broccoli soup  
1/2 cup milk  
1/2 cup grated parmesan cheese  
1/4 tsp. pepper  
3 cups uncooked medium egg noodles  
2 cups cubed cooked

chicken or turkey  
Chopped fresh parsley

Cook noodles according to package directions. Drain. In 3-quart saucepan, combine soup, milk, cheese and pepper. Add noodles and chicken. Over low heat, heat through, stirring occasionally. Garnish with parsley. Makes 4 1/2 cups or 4 servings.

#### SOUPER RICE

1 can (10 1/2 oz.) vegetable soup  
1 1/2 cups can water  
1 cup uncooked long grain rice

In 2-quart saucepan, combine soup, water and rice. Over medium heat, heat to boiling. Reduce heat to low. Cook, covered, 20 minutes or until rice is tender and liquid is absorbed, stirring occasionally.

## Recipe

#### CONVECTION FLUFFY LEMON CHEESECAKE

1 pkg. (6 oz.) zwieback crackers, finely crushed  
1/2 cup butter or margarine, melted  
1/3 cup firmly packed brown sugar  
1 pt. (2 cups) small curd cottage cheese  
1/4 cup mild honey  
4 eggs, separated  
1/4 tsp. salt  
1 tsp. grated lemon peel  
1/2 tsp. vanilla  
2 tbsp. lemon juice  
1 cup unflavored yogurt  
1/4 cup granulated sugar

Preheat convection oven to 350°. Grease 9-inch spring-

form pan. Mix crushed zwieback, butter and brown sugar until crumbly. Reserving 3/4 cup crumbs, evenly and firmly press remainder over bottom of prepared pan. Bake in preheated oven 5 minutes. Let cool.

In blender or food processor, blend cottage cheese, honey, egg yolks, salt, lemon peel and juice, vanilla and yogurt until smooth.

Beat egg whites until soft peaks form. Gradually add granulated sugar, beating until stiff. Fold in cheese mixture until blended.

Carefully turn out onto crumbly in pan. Sprinkle top with reserved crumbs.

Preheated convection oven to 250°. Bake about 1 1/2 hours until cake jiggles only slightly when gently shaken. Turn off heat. Leave cake in oven 1 hour longer. Cool thoroughly, then refrigerate. Makes 8 to 10 servings.

## Recipe

#### SHRIMP AND SPINACH PIZZA

1/2 tsp. olive oil

1/4 cup thinly sliced red onion  
3 cups chopped fresh spinach  
1/4 tsp. oregano  
1 cup (4 oz.) shredded reduced-fat mozzarella cheese  
2 pita bread pockets

2 plum tomatoes, sliced  
10 large shrimp, cooked, peeled

Preheat oven to 400°.

In small nonstick skillet over medium heat, cook onion in hot oil 1 minute. Add spinach. Cook 1 minute. Stir

in oregano. Sprinkle 1/4 cup mozzarella cheese on each pita bread round. Top with spinach mixture, tomato, shrimp and remaining cheese.

Place on cookie sheet. Bake in preheated oven 10 minutes.

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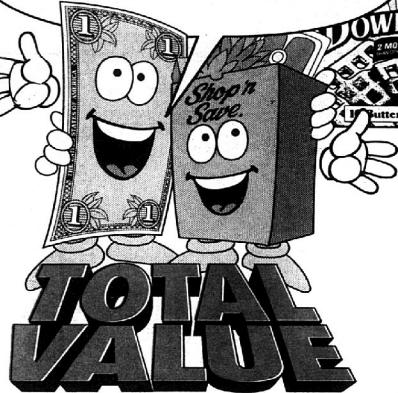
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# Shop 'n Save

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Purina  
Dog Chow



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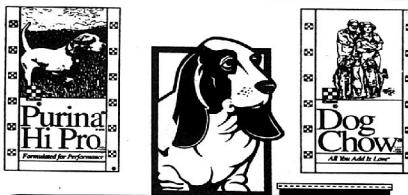
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Cat Food



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Bi-Rite  
Large Dog Bones ... **199**  
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Purina Hi Pro  
Dog Food ..... **699**  
20-POUND  
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Purina  
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40-LB.  
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ASSORTED VARIETIES  
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Pizza



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16 TO  
20-OZ.

ASSORTED VARIETIES  
DiGiorno  
12-Inch Pizza.....

**489**  
31 TO 33  
OUNCE

REGULAR OR LITE  
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Whipped Topping ..

**119**  
12-OUNCE  
CARTON

ASSORTED VARIETIES  
Old El Paso  
Burritos .....

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3.5 TO  
5-OZ.

FROZEN  
Awake  
Orange Beverage...

**2/99¢**  
12  
OZ.

ASSORTED VARIETIES  
Banquet  
Meals.....

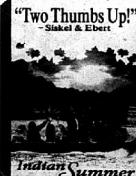
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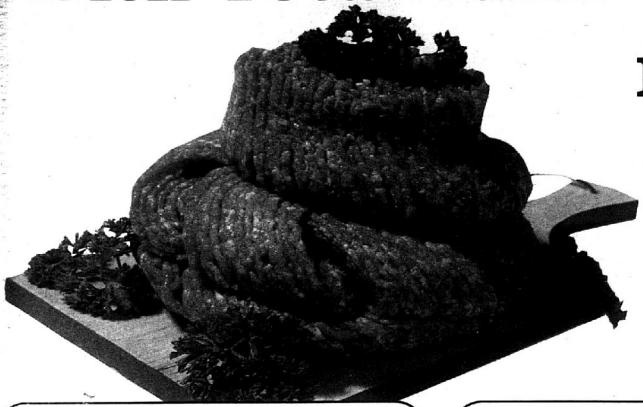
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Please check your ad for correct classification and proper wording the first day it appears. At the time you place your ad, please verify spelling of any unusual words or names. The Journal reserves the right to edit, reject or cancel the publication of any ad.

**Adjustments:** Please report errors the first day your ad appears. The Journals will not be responsible for any errors that occur after the first day. If you cannot locate your ad or if an error occurs please call 877-7700. In case of an error, the Journal will extend the schedule of that ad. The adjustment of any error will not exceed the cost of the ad.

**Cancellation:** To cancel an ad call 877-7700. Ask for your cancellation number. This number will serve as your record of cancellation in case of any misunderstandings or adjustments. You must call before the deadline to cancel an ad. There is no refund or rebate on early cancellation when purchasing the **Sell It Fast Deal**.

**Box Charges:** Replies picked up at a Journal office, \$5.00 per week; replies mailed, \$10 per week.

**Faxing Your Ad:** Dial 1-618-876-4240 to fax your ad to us. Please include your daytime phone number, home phone

number, full name, address, city, state and zip. Print your ad clearly. A Journal sales person will call to verify your information.

**Notice to Readers:** Prior to responding to advertisements requesting money to be sent or invested you may wish to investigate the validity of the offering and the company. The Journals cannot assume any responsibility of such offerings within the classified pages. For information regarding the investigation of business opportunities, contact the Better Business Bureau.

Bed & Breakfast.....	405	Furniture Refin./Repair.....	110	Illinois Garage Sales.....	1719	Bridgeton St. Ann area....2155	East St. Louis.....	2340	S. City-Furn.....	2612
Societies & Lodges.....	410	Garage Constr./Repair.....	120	Missouri Garage Sales....1720	1720	Chesterfield/Clarkson.....	Edwardsville & vicinity.....	2345	S. County-Furn.....	2613
*Announcements.....	420	Garage Doors.....	1125	Resale Consignment Shops....1721	1721	Valley area.....	Fairview Heights & vicinity.....	2350	W. County-Furn.....	2614
*Automobiles.....	425	Gasoline & Lubricants.....	1160	Clayton/Ladue/Frontrange.....	1722	Freeburg.....	Clayton/W. County.....	2351	W. County-Furn.....	2615
Lost & Found.....	440	Glass Services.....	1160	Air Conditioning/Heating.....	1750	Creve Coeur/Olive St. Rd.....	W. County-Furn.....	2352	Apts/Flats Unfurnished.....	2616
Car Parts.....	450	Gunsmithing.....	1170	Appliances.....	1750	Downtown/West/Sunset Sts.....	Downtown/Midtown Unf.....	2353	W. County-Unf.....	2617
Car Parts.....	450	Guttering Sheet Metal.....	1180	Art Collectibles.....	1760	Harford.....	Jeff. County-Unf.....	2354	N. County-Unf.....	2623
Car Parts.....	450	Household Fixtures.....	1180	Books.....	1760	Jersey County.....	Jersey County.....	2355	S. County-Unf.....	2624
Car Parts.....	450	Probate Final Notice.....	1190	Classified Flea Market.....	1767	Jersey County.....	McGaw/Maryville.....	2356	McGaw/Maryville.....	2625
Car Parts.....	450	Probate Court Notice.....	1200	Barrel Supplies.....	1768	Ferguson & vicinity.....	Mascoutah.....	2357	Mascoutah.....	2626
Car Parts.....	450	Hearing Air Conditioning.....	1220	Bicycles.....	1770	Fenton area.....	Macoupin County.....	2358	Macoupin County.....	2627
Car Parts.....	450	Home Improvements.....	1230	Books & Periodicals.....	1780	Grande Prairie.....	Meadowbrook.....	2359	Meadowbrook.....	2628
Assured Notices.....	450	Board of Review Changes.....	1240	Building Materials.....	1780	Hazelwood.....	S. County-Unf.....	2360	S. County-Unf.....	2629
Assured Notices.....	450	Assumed Names.....	1240	Business Fun./Equip.....	1780	Hazelwood.....	St. Charles & vicinity.....	2361	St. Charles & vicinity.....	2630
Assured Notices.....	450	Claims Notices.....	1240	Business Equipment.....	1790	Jennings & vicinity.....	Monroe County.....	2362	Monroe County.....	2631
Assured Notices.....	450	Complaints.....	1240	Business Fun./Equip.....	1790	Kirkwood/Webster Grove.....	Moro.....	2363	Moro.....	2632
Assured Notices.....	450	Design/Decor.....	1250	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2364	Out of Area.....	2633
Assured Notices.....	450	Divorce.....	1250	Business Fun./Equip.....	1790	Bellwood/Marshall.....	Out of Area.....	2365	Out of Area.....	2634
Assured Notices.....	450	Employment.....	1250	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2366	Out of Area.....	2635
Assured Notices.....	450	Family Notices.....	1250	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2367	Out of Area.....	2636
Assured Notices.....	450	Probate Final Notice.....	1250	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2368	Out of Area.....	2637
Assured Notices.....	450	Probate Court Notice.....	1260	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2369	Out of Area.....	2638
Assured Notices.....	450	Hearing Air Conditioning.....	1270	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2370	Out of Area.....	2639
Assured Notices.....	450	Home Improvements.....	1270	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2371	Out of Area.....	2640
Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2372	Out of Area.....	2641
Assured Notices.....	450	Assumed Names.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2373	Out of Area.....	2642
Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2374	Out of Area.....	2643
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Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2376	Out of Area.....	2645
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Assured Notices.....	450	Probate Court Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2381	Out of Area.....	2650
Assured Notices.....	450	Hearing Air Conditioning.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2382	Out of Area.....	2651
Assured Notices.....	450	Home Improvements.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2383	Out of Area.....	2652
Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2384	Out of Area.....	2653
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Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2386	Out of Area.....	2655
Assured Notices.....	450	Complaints.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2387	Out of Area.....	2656
Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2388	Out of Area.....	2657
Assured Notices.....	450	Divorce.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2389	Out of Area.....	2658
Assured Notices.....	450	Employment.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2390	Out of Area.....	2659
Assured Notices.....	450	Family Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2391	Out of Area.....	2660
Assured Notices.....	450	Probate Final Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2392	Out of Area.....	2661
Assured Notices.....	450	Probate Court Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2393	Out of Area.....	2662
Assured Notices.....	450	Hearing Air Conditioning.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2394	Out of Area.....	2663
Assured Notices.....	450	Home Improvements.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2395	Out of Area.....	2664
Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2396	Out of Area.....	2665
Assured Notices.....	450	Assumed Names.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2397	Out of Area.....	2666
Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2398	Out of Area.....	2667
Assured Notices.....	450	Complaints.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2399	Out of Area.....	2668
Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2400	Out of Area.....	2669
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Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2408	Out of Area.....	2677
Assured Notices.....	450	Assumed Names.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2409	Out of Area.....	2678
Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2410	Out of Area.....	2679
Assured Notices.....	450	Complaints.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2411	Out of Area.....	2680
Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2412	Out of Area.....	2681
Assured Notices.....	450	Divorce.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2413	Out of Area.....	2682
Assured Notices.....	450	Employment.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2414	Out of Area.....	2683
Assured Notices.....	450	Family Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2415	Out of Area.....	2684
Assured Notices.....	450	Probate Final Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2416	Out of Area.....	2685
Assured Notices.....	450	Probate Court Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2417	Out of Area.....	2686
Assured Notices.....	450	Hearing Air Conditioning.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2418	Out of Area.....	2687
Assured Notices.....	450	Home Improvements.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2419	Out of Area.....	2688
Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2420	Out of Area.....	2689
Assured Notices.....	450	Assumed Names.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2421	Out of Area.....	2690
Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2422	Out of Area.....	2691
Assured Notices.....	450	Complaints.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2423	Out of Area.....	2692
Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2424	Out of Area.....	2693
Assured Notices.....	450	Divorce.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2425	Out of Area.....	2694
Assured Notices.....	450	Employment.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2426	Out of Area.....	2695
Assured Notices.....	450	Family Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2427	Out of Area.....	2696
Assured Notices.....	450	Probate Final Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2428	Out of Area.....	2697
Assured Notices.....	450	Probate Court Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2429	Out of Area.....	2698
Assured Notices.....	450	Hearing Air Conditioning.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2430	Out of Area.....	2699
Assured Notices.....	450	Home Improvements.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2431	Out of Area.....	2700
Assured Notices.....	450	Board of Review Changes.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2432	Out of Area.....	2701
Assured Notices.....	450	Assumed Names.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2433	Out of Area.....	2702
Assured Notices.....	450	Claims Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2434	Out of Area.....	2703
Assured Notices.....	450	Complaints.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2435	Out of Area.....	2704
Assured Notices.....	450	Design/Decor.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2436	Out of Area.....	2705
Assured Notices.....	450	Divorce.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2437	Out of Area.....	2706
Assured Notices.....	450	Employment.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2438	Out of Area.....	2707
Assured Notices.....	450	Family Notices.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2439	Out of Area.....	2708
Assured Notices.....	450	Probate Final Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2440	Out of Area.....	2709
Assured Notices.....	450	Probate Court Notice.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2441	Out of Area.....	2710
Assured Notices.....	450	Hearing Air Conditioning.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2442	Out of Area.....	2711
Assured Notices.....	450	Home Improvements.....	1280	Business Fun./Equip.....	1790	Clayton/Marshall.....	Out of Area.....	2443		



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10,000  
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92 Chevy C-1500 Ext. Cab, V-6, Loaded, 11xxx Miles won't last  
90 Ford F-150 Ext. Cab, V-6, Loaded, 11xxx Miles won't last  
94 Chevy S-1500 Ext. Cab, A/C, Bedliner Great Shape  
89 Ford F-150 Ext. Cab, V-6, Loaded, 11xxx Miles won't last  
94 Chevy S-1500 Ext. Cab, V-6, Loaded, 11xxx Miles won't last  
90 Chevy C-1500 Ext. Cab, V-6, Loaded, 11xxx Miles won't last

98 Cadillac Sedan DeVille, Full Power, Good Condition  
10,000  
87 Chevy Caprice, 4 Dr., Auto, Runs Good  
11,850  
84 Chevy Caprice, Full Power, Good Shape, Runs Great  
11,995  
82 Plymouth Horizon, Auto, Good car  
11,295

95 Toyota Camry, Auto, A/C, 4.3 V-6, Very Clean  
10,000  
89 Ford Tempo GL, Auto, A/C, Nice Car, Good Miles  
11,850  
90 Pontiac 6000 GL, Auto, Miles, Very Clean  
11,850  
91 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
92 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
93 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
94 Pontiac Grand Prix LE, Full Power, 14,000 Miles  
12,000  
95 Pontiac Grand Prix LE, V-6, Full Power, Very Clean  
12,000  
96 Pontiac Grand Prix SE, V-6, Full Power, Very Clean  
12,000  
94 Olds Cutlass, Auto, Full Power, V-6, Like New  
12,000  
94 Pontiac Grand AM SE, V-6, Per. Windows & Locks  
12,000  
95 Pontiac Grand AM SE, V-6, Per. Windows & Locks  
12,000  
92 Pontiac Grand Prix SE, 2 Dr., V-6, Loaded, Great Shape  
12,000  
98 Volvo 240 GL, Loaded  
11,850  
90 Dodge Caravan, Auto, Power, 100,000 Miles  
11,850  
94 Pontiac Sunbird GL, Auto, Alum. Wheels, 18,000 Miles  
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**MISC CARS**

95 Toyota Camry, Auto, A/C, 4.3 V-6, Very Clean  
10,000  
89 Ford Tempo GL, Auto, A/C, Nice Car, Good Miles  
11,850  
90 Pontiac 6000 GL, Auto, Miles, Very Clean  
11,850  
91 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
92 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
93 Pontiac Grand Prix LE, 4.3, Auto, Great Shape  
12,000  
94 Pontiac Grand Prix LE, Full Power, 14,000 Miles  
12,000  
95 Pontiac Grand Prix LE, V-6, Full Power, Very Clean  
12,000  
96 Pontiac Grand Prix SE, V-6, Full Power, Very Clean  
12,000  
94 Olds Cutlass, Auto, Full Power, V-6, Like New  
12,000  
94 Pontiac Grand AM SE, V-6, Per. Windows & Locks  
12,000  
95 Pontiac Grand AM SE, V-6, Per. Windows & Locks  
12,000  
92 Pontiac Grand Prix SE, 2 Dr., V-6, Loaded, Great Shape  
12,000  
98 Volvo 240 GL, Loaded  
11,850  
90 Dodge Caravan, Auto, Power, 100,000 Miles  
11,850  
94 Pontiac Sunbird GL, Auto, Alum. Wheels, 18,000 Miles  
11,850

32 MISC AUTOS

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New '95 Sedan DeVilles MSRP \$35,535  
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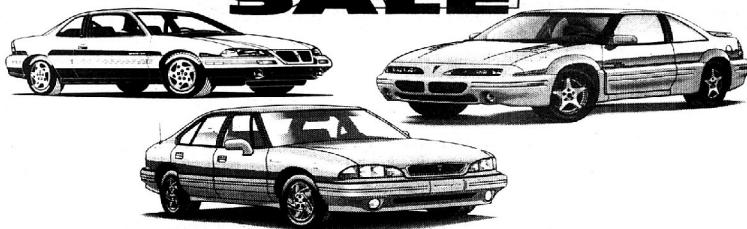
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**GMC and see why we continue  
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**Sincerely,  
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TRUCKS**

**85 Blazer S10 \$10,500  
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**87 Chevrolet S10  
Ext. Cab 4x4  
\$8,495**

**88 Dodge Ram  
Ext. Cab, LE, load  
ed and brand new.  
\$10,500**

**89 GMC PIU Ext. Cab  
SLE  
Loaded, All Options, Only 12,000 Miles, 4.3 V-6, 5 speed, 67,000 miles, \$2,500  
Down, \$344-5135**

**90 GMC PIU Ext. Cab  
SLE  
Loaded, All Options, Only 12,000 Miles, 4.3 V-6, 5 speed, 67,000 miles, \$2,500  
Down, \$344-5135**

**91 GMC PIU Ext. Cab  
SLE  
Loaded, All Options, Only 12,000 Miles, 4.3 V-6, 5 speed, 67,000 miles, \$2,500  
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**92 Chevrolet S10 Ext. Cab, V-6,  
auto, A/T, 4WD, exc. cond.,  
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**70**



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**APARTMENT MAINTENANCE**  
Immediate opening for experienced Maintenance Person for the apartment complex. Must be able to do all types of maintenance. Top pay, full benefit package. No car. Knowledge of HVAC and basic carpentry required. Minimum of 2 years local experience needed.

Call: 314-462-4449  
17th Street Court  
St. Louis, MO 63116

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**Arca. Ass't Mar. Trainer**  
\* NOW HIRING \*  
\$400/WEEK  
Co. is looking for young men & women to work part time. No vac., 1500/mo. to start, to work overtime. Advancement possible. Call 314-462-6847, M-F, 9-5.

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## 320 HELP WANTED

AGENT/REPS. EARN 50%  
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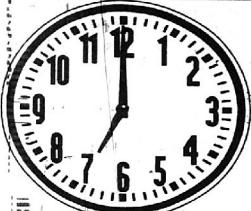
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One good nurse is what we're seeking. One good nurse who wants greater opportunity, one good nurse who wants recognition, one good nurse who wants to go on to another career. We're the quality Home Health Care Team with Ancilla Home Health/Saint Mary Hospital and we're seeking one good nurse.

If you are that one good nurse, you'll possess good basic nursing skills, home care experience is not necessary. You must be licensed in IL and able to provide your own dependable and insured transportation.

There is one good opportunity for one good nurse! Consider flexible scheduling, no shift rotation, comprehensive benefits, 401k, tuition reimbursement and YES, above average wages. For more information, contact:

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The Suburban Journals are looking for part-time writers for meetings and feature work in the Mascoutah and Cahokia areas. Send resume and writing samples to: "STRINGER"

113 E. Clay St.,  
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Rosewood Care Center is now accepting applications for the following positions:

### SOCIAL SERVICE!

Applicant must have a degree in social service or other related field, and be genuinely interested in the needs of our guests and their families.

### MEDICAL RECORDS

Organized professional with medical background and knowledge of ICD-9 coding and some computer experience. Previous medical record or ward clerk experience helpful.

### CNA's

Applicants must be certified. Both full-time and part-time positions and all shifts available.

Please apply in person at:  
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6100 Center Grove Road  
Edwardsville IL 62025  
(618) 659-0605

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**ASSEMBLERS/LABORERS**  
Assembly line workers needed on 2nd shift. Great company in Granite City area. Long term.

Call 314-462-6847, M-F, 9-5.

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## The Concert Scene

### American Theater

416 N. 9th, 231-7000

Sarah McLachlan, with special guest Paula Cole, 8 p.m., March 25. Reserved tickets \$22. 10 & 20.

Blues Traveler, 8 p.m., April 14. General admission advance tickets \$15. \$17.50 day of the show.

### Andrea's 24KT Lounge

4944 Cherry Blvd., 383-7060  
Little Too Much, March 31 & April 1.  
Concept, 9 p.m., 1 a.m. April 28 & 29.

### Antique House

3701 W. Main, Belleville, Ill. (618) 234-3434  
9 p.m., 1 a.m. March 25.

### Arnold Bowl

1140 Jeffco Blvd., 296-9900  
Southside Wally & Greg Lawrence, March 16 & 30.

### Bears Flint Hill Tavern

5035 Hwy. P, Flint Hill, Mo. 327-9124  
Town & Country Band, 6:30 p.m., to 9:30 p.m., March 22 & 29.

### The Bernard Pub

214 Morgan on the Landing 621-4020  
Big Dog, 9 p.m., 1 a.m. March 23. \$2 cover.

### The Bel Air

2812 E. Broadway, Alton, Ill. (618) 462-8555  
Mark Gordon with London Calling, 9 p.m., 1 a.m. March 25.

### Blueberry Hill

6504 Delmar 727-0880 (Music Phone)  
727-0880

Shows start around 9:30 p.m. with a \$3-4 cover.

Mopes (Dylan meets Nirvana), March 24.

My Squid (reggae), March 25, April 7, May 5 & June 16.

Ceyer Street Shucks (reg & blues), March 31.

April 20, May 18 & June 10.

Country Polly (alternatives), April 1, May 6 & June 23.

Reggae At Will (reggae), April 8 & 29, May 6.

207 Kicks (reggae), April 10, 12 & 24, May 1.

Murder City Players (reggae), April 14, May 12 & June 9.

Jack's Leg (edged-head rock), April 15 & May 13.

Diamond Stud (country & rock), April 21.

Curnudgeon's Day (modern rock & chalk circle), March 26 & April 12.

Almond (reggae alternatives), Johnna Magent (alternatives), and Cary James (alternatives), June 2.

### Boat House

212 N. Main, St. Charles 940-9253  
Mark Gordon with London Calling, 9 p.m., 1 a.m. March 24.

### Brandt's Market & Cafe

open to the public. For more information call 966-7032.

### Brewsky's

1702 N. New Florissant Rd. 637-0553

Beno, March 22, 23, 29 & 30.

Little Too Much, March 24 & 25.

Almond, March 28.

Concept, March 29.

Chilly Play, April 1.

### The Brick of St. Louis

3550 S. Broadway 723-9758

JBF Flyers, March 30.

### Broadway Oyster Bar

734 S. Broadway 621-8811

Joe Bidwell, March 28.

### Casa Loma Ballroom

3324 River Road, Suite 100

Route 66 - The Big Band Sound, March 19 & April 9 & 30.

Bob Constantine, March 23 & 30.

Joe's Jammin' Chorus, March 24.

Gates of the City Big Band, March 26.

Rhythmnaires, March 31.

Facts O' Life, April 1.

Brown, Beans & Ham, April 8.

Don James Orchestra, April 14.

The Big Jazzy Band, April 15.

Sh-Boom, April 17.

Alley Kats, April 28.

Latin Extravaganza with El Caribe Tropical, April 29.

Selection Latina, April 29.

### Casino St. Charles

Riverfront Station, St. Charles 947-3123

Galaxy, the dicekide census, 6:30 - 11:45 p.m., March 20, 21, 22, 23, 24 & 25.

Fanfare featuring Kittle Moller, March 24 & 25.

Scott Price & American Express Band, April 1.

Rose Tattoo, March 25 & 26.

### Caves Springs Lanes

4000 Caves Springs Rd. 441-1774

Bedrooms, March 12 & 13.

Random Access, March 13.

Tim Scott, March 13.

Jeffrey, March 14.

Sh-Boom, March 15 & 16.

Little Too Much, March 17 & 18.

Alley Kats, March 19 & 20.

Concept, March 21 & 22.

Sh-Boom, March 23 & 24.

Alley Kats, March 25 & 26.

Concept, March 27 & 28.

Sh-Boom, March 29 & 30.

Alley Kats, March 31 & April 1, 2, 3 & 4.

Rose Tattoo, March 25 & 26.

### Christ's Pub

1833 Diana Rd. 837-5491

Zoe Ann & Larry, 8:15 p.m., March 21 & 28.

April 4, 11, 18 & 25.

Joy Joshua, 8 p.m., March 24, 30 & April 13 & 20.

Sh-Boom, April 14, 21, 28 & 29.

Alley Kats, April 15 & 16.

Concept, April 17 & 18.

Sh-Boom, April 19 & 20.

Alley Kats, April 21 & 22.

Concept, April 23 & 24.

Sh-Boom, April 25 & 26.

Alley Kats, April 27 & 28.

Concept, April 29 & 30.

Sh-Boom, April 30 & May 1.

Alley Kats, May 2 & 3.

Concept, May 4 & 5.

Sh-Boom, May 6 & 7.

Alley Kats, May 8 & 9.

Concept, May 10 & 11.

Sh-Boom, May 12 & 13.

Alley Kats, May 14 & 15.

Concept, May 16 & 17.

Sh-Boom, May 18 & 19.

Alley Kats, May 20 & 21.

Concept, May 22 & 23.

Sh-Boom, May 24 & 25.

Alley Kats, May 26 & 27.

Concept, May 28 & 29.

Sh-Boom, May 30 & 31.

Alley Kats, May 32 & 33.

Concept, May 34 & 35.

Sh-Boom, May 36 & 37.

Alley Kats, May 38 & 39.

Concept, May 40 & 41.

Sh-Boom, May 42 & 43.

Alley Kats, May 44 & 45.

Concept, May 46 & 47.

Sh-Boom, May 48 & 49.

Alley Kats, May 50 & 51.

Concept, May 52 & 53.

Sh-Boom, May 54 & 55.

Alley Kats, May 56 & 57.

Concept, May 58 & 59.

Sh-Boom, May 60 & 61.

Alley Kats, May 62 & 63.

Concept, May 64 & 65.

Sh-Boom, May 66 & 67.

Alley Kats, May 68 & 69.

Concept, May 70 & 71.

Sh-Boom, May 72 & 73.

Alley Kats, May 74 & 75.

Concept, May 76 & 77.

Sh-Boom, May 78 & 79.

Alley Kats, May 80 & 81.

Concept, May 82 & 83.

Sh-Boom, May 84 & 85.

Alley Kats, May 86 & 87.

Concept, May 88 & 89.

Sh-Boom, May 90 & 91.

Alley Kats, May 92 & 93.

Concept, May 94 & 95.

Sh-Boom, May 96 & 97.

Alley Kats, May 98 & 99.

Concept, May 100 & 101.

Sh-Boom, May 102 & 103.

Alley Kats, May 104 & 105.

Concept, May 106 & 107.

Sh-Boom, May 108 & 109.

Alley Kats, May 110 & 111.

Concept, May 112 & 113.

Sh-Boom, May 114 & 115.

Alley Kats, May 116 & 117.

Concept, May 118 & 119.

Sh-Boom, May 120 & 121.

Alley Kats, May 122 & 123.

Concept, May 124 & 125.

Sh-Boom, May 126 & 127.

Alley Kats, May 128 & 129.

Concept, May 130 & 131.

Sh-Boom, May 132 & 133.

Alley Kats, May 134 & 135.

Concept, May 136 & 137.

Sh-Boom, May 138 & 139.

Alley Kats, May 140 & 141.

Concept, May 142 & 143.

Sh-Boom, May 144 & 145.

Alley Kats, May 146 & 147.

Concept, May 148 & 149.

Sh-Boom, May 150 & 151.

Alley Kats, May 152 & 153.

Concept, May 154 & 155.

Sh-Boom, May 156 & 157.

Alley Kats, May 158 & 159.

Concept, May 160 & 161.

Sh-Boom, May 162 & 163.

Alley Kats, May 164 & 165.

Concept, May 166 & 167.

Sh-Boom, May 168 & 169.

Alley Kats, May 170 & 171.

Concept, May 172 & 173.

Sh-Boom, May 174 & 175.

Alley Kats, May 176 & 177.

Concept, May 178 & 179.

Sh-Boom, May 180 & 181.

Alley Kats, May 182 & 183.

Concept, May 184 & 185.

Sh-Boom, May 186 & 187.

Alley Kats, May 188 & 189.

Concept, May 190 & 191.

Sh-Boom, May 192 & 193.

Alley Kats, May 194 & 195.

Concept, May 196 & 197.

Sh-Boom, May 198 & 199.

Alley Kats, May 200 & 201.

Concept, May 202 & 203.

Sh-Boom, May 204 & 205.

Alley Kats, May 206 & 207.

Concept, May 208 & 209.

Sh-Boom, May 210 & 211.

Alley Kats, May 212 & 213.

Concept, May 214 & 215.

Sh-Boom, May 216 & 217.

Alley Kats, May 218 & 219.

Concept, May 220 & 221.

Sh-Boom, May 222 & 223.

Alley Kats, May 224 & 225.

Concept, May 226 & 227.

Sh-Boom, May 228 & 229.

Alley Kats, May 230 & 231.

Concept, May 232 & 233.

Sh-Boom, May 234 & 235.

Alley Kats, May 236 & 237.

Concept, May 238 & 239.

Sh-Boom, May 240 & 241.

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## FAMILY

## Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged. Community entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, March 22

International Training in Communication (ITC) Club meets 5:30 p.m. at Ravanelle's Restaurant, 3 American Village Shopping Center, Granite City.

Disabled American Veterans Chapter 51, 1000 1/2, will meet from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

Granite City Chamber meets 6 to 9 p.m. at the Granite City Public Library. For more information, call 876-4328.

Mount Zion General Baptist Church, 1000 1/2, Granite City, will offer free clothing available to those in need of 10 a.m. to noon.

Pulmonary Support Group, for persons with compromised lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Wrestling With Angels, a TV series for children, one of the top questions of life, will be held from 5:30 to 6:45 p.m. at First Presbyterian Church, 2106 Delmar Ave., in Granite City. Bring your own snack.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, 101 Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanigan's 2020 Valencia St., Collinsville. The cost is \$5 per person. Per session, for information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Disability Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 6:30 p.m. For information on where meetings will be held, call Elaine Landolt, 462-2714.

Stress Management Class, 7 to 8 p.m., at Mental Health Services, 501 W. Main, Granite City, 656-9268.

Al-Anon meets at 8 p.m. at

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information, 462-4224. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, March 23

Venice Park Board, 6:30 p.m., Venice Recreation Center, 451-7201.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Hall, 906 Thorntree Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Four Square Church will give out food and clothing from 1 to 3 p.m.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards Ave. For information, 797-6531 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Wrestling With Angels, a TV series for children, one of the top questions of life, will be held from 5:30 to 6:45 p.m. at First Presbyterian Church, 2106 Delmar Ave., in Granite City. Bring your own snack.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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Disability Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Friday, March 24

The Eagles Auxiliary 1126 Ways and Means Committee will hold a dessert sale from 5 to 8 p.m. at the Knights of Columbus Hall, 2020 Valencia St., Collinsville. The cost is \$5 per person. Per session, for information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 391-0443.

Saturday, March 25

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6

mation.

Holy Family Catholic Church, 2606 Washington Ave., in Granite City, will offer a fish fry from 4 to 6 p.m. Hand-dipped fish, choice of spaghetti or fries and slaw will be offered in addition to hot dogs, beer, coffee or soda. Prices are \$4.25 for plates, \$3.25 for children under 10, 50 cents for homemade desserts. Carry-outs are available.

Al-Anon meets at 8 p.m. at Paradise, 1000 1/2, Granite City, 656-9268. For more information call 462-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Four Square Church will give out food and clothing from 1 to 3 p.m.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 377-0350 for more information.

STEMSS (Support Together for Emotional and Mental Stability) for adults 18 and over, a group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, March 26

Polish Pierogi Sale, Sacred Heart of Jesus Church, 930 Reynolds St., Madison, 8 a.m. noon. Scrapple, pierogies, cabbage rolls, kraut, potato, sausage and kraut, potato pudding and tacco. Adults only, \$6 per dozen. Cooked and only \$6 to heat and eat. Also available are Polish kielbasa and rosettes for \$3 per pound. Order ahead by calling 462-5860.

Madison County Humane Society will host an adopt-a-pet day from 10 a.m. to 4 p.m. at the Fallon Pet Mart.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 1000 1/2, Granite City. Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 8:30 p.m. at First Christian Church, 1000 1/2, Granite City. Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Narcotics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuels Turner is the director, Vonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, March 26

Midwestern United States Imperial Dance Club (MUSIC) will hold its regular meeting at 6

p.m. at the American Legion Hall in Collinsville. The public is invited for dance lessons and open dancing at a cost of \$4 for non-members and \$2 for members. For more information, call 463-2405.

Mitchell Presbyterian Church will host its first annual Community Kittey Kitten Sale, 10 a.m. to 1 p.m. at the church, located at the corner of Greenway Drive and East Chain of Rocks Road, Granite City. All community elementary age children and their parents are welcome to participate. Ribbons will be given. Call 797-1119 for more information.

Traill West Council Boy Scouts of America will host a pancake breakfast, sponsored by the Kishakakon Lodge 32 Order of the Arrow, from 7 a.m. to 1 p.m. at the St. Elizabeth School cafeteria, 2001 Franklin Ave., Granite City. The cost is \$4 for adults, \$3.50 for senior citizens, \$2 for children under 10 years of age and free for children under five years.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, 101 Day Care, Pontoon Road, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a 50/50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, March 27

Granite City Fourquare Church, 2400 East 25th St., hot meals served free of charge to those in need or those who just want someone to talk to. Open to public. For information or a ride, call 461-0629.

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall, 2020 Valencia St., Collinsville. The cost is \$5 per person. Any man or woman 18 or older interested in Lionism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 768-2515 or Lion Treasurer Karen Turner at 768-2516.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room B.

Madison County Computer Club meets 7 p.m. at Well United Church of Christ facility, 180 Cot-

tonwood Road, about 1/4 mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend. Members share information about new hardware and software, mostly for IBM compatibles.

Senior Social Club, business meeting at 6 p.m. at the Township Hall, 1000 1/2, Granite City. The meeting, Games and bingo are played at 7 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Needy Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 877-0544.

TOPS 1112, 6 p.m., Anchorage Recreation Center, 2909 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Tuesday, March 28

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 991-3557, 8 p.m.

Eagles Auxiliary 1126 will hold their second meeting of the month at 7 p.m. at the Knights of Columbus Hall, 2020 Valencia St., Collinsville. A meat raffle will be held. Contact Joann Spencer or Ann Bates if you need a ride. A social hour and refreshments will follow the meeting.

The Edgewood Program will hold a talk and film on "How Can You Be a Positive Recovery Role Model" at 7:30 p.m. in the Wiesman Room at St. Elizabeth Medical Center, 2100 Madison Ave., Granite City. The speaker will be William N. Noyes, director with the SEMC Behavioral Health System. This talk is free and open to the public. Call 798-3012 for more information.

Alpha Sigma Bethel #4 meets at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

Knights of Columbus, 3rd Degree, 2425 Old Alton Road, 7:30 p.m., 877-4250.

Ostomy Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 730-3167.

People Needing People Bereavement Support Group, 7 to 9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center; call Hopkins of Madison County, 798-3399.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Knights of Columbus Building, 2909 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 797-0600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.

Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 6 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 463-2429.

Alateen and PreAlateen Program for 12 to 17 age group, and prealateen for six to 11 year age group, meets 6 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and study group for 18 to 25 year old adults. The Blood of the Lamb is invited to the following study and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A pottery will be provided. A ride is included. To be provided.

The Circle of Hope, 12-step healing program for anyone whose life is affected by HIV infection or AIDS. Meets 7 p.m. at King's House on North 6th Street in Belleville. For more information, call 463-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m.

Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-8855.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Rosin Place, St. Louis, 63141-1414. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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NO'S FLORIDA  
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## Sensational Spring Savings...

**Women's Dress Shoe Sale!**

**16.99**

**CUSHIES**  
Leather Comfort You'll Love!  
**ONLY \$9.99**

\$29.00 VALUE.  
Leather uppers,  
cushioned bottoms.  
Women's sizes 5, 6, 7 &  
wide widths.  
Taupe, bone or mocc.

COUPON MUST BE PRESENTED AT TIME OF PURCHASE

ENTIRE STOCK OF ATHLETIC SHOES  
ONLY \$24.99 TO \$54.99 WITH COUPON

\$10 off

NOT VALID WITH ANY OTHER COUPON. COUPON VALID THROUGH MARCH 26, 1995

Values to \$30.99  
Values to \$44.99  
Values to \$58.99

From brands like Nike, Puma,  
Reebok, Adidas, New Balance,  
Balance, Asics, Spalding &  
Limit 2 pair

Crown Shoes

Our Reg. \$34.99 to \$64.99  
Values to \$30.99  
Values to \$44.99  
Values to \$58.99

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